

Joachim M Werdin

**INEDIA**

**NON-EATING**

**FASTING**

# INEDIA, NON-EATING, FASTING

Joachim M Werdin

Edition I, October 2014

ISBN 978-83-940498-3-6

Original title in Polish “Inedia, Niejedzenie, Post”  
( ISBN 978-83-940498-2-9 ).

Translated by the author from Polish to English.

Revision of the English text by Huang Xiaohong.

Contact with the author:

Email: jmw [at] niejedzenie [dot] info

<http://breatharian.info>

<http://inedia.info>

Skype: joachimwerdin

[www.youtube.com/user/joachimwerdin/](http://www.youtube.com/user/joachimwerdin/)

This book was made by combining two books from the same author (“Life Style Without Food” and “Life Style Without Food – Addendum”) into one.

This book has no copy rights, it is entirely free and belongs to no one. You can use it in any way. You can translate, copy and distribute it in any form. Use it for the good of yourself and others.

If you wish to reciprocate with money or something else – you can write me or go to the bottom of <http://breatharian.info>.

Knowledge that I have built for myself and from which I have drawn information to place here is timeless. Everybody can read it and write it down. I have done it for those who still prefer to use material sources like books.

I have written this book because I Love people.

**IAM the Consciousness – everything else is my creation.**

# WHY THIS BOOK?

Nine years have passed since “Life Style Without Food” was published. During that time, when giving seminars, talking with or meeting friends, I was talking and writing to many people about topics described in the book that is inedia, non-eating, fasting, Consciousness, Life.

Many people that I have met were asking me similar questions. That gradually made me finally decide to write more details, to better explain and to add more materials.

I have written this book in order to give you more information, if you are interested in inedia, non-eating, fasting, proper eating, Consciousness, Life, etc.

In summer, 2014 when in China, I was talking with people about topics mentioned above, I understood how important it is to publish new materials forthwith. I saw and felt how seriously local people are interested in those topics and how sincerely they are looking for information that I know.

During those past nine years I noticed how many false beliefs about those topics prevailed among people. Beliefs are limitations. When enslaving man they constitute barriers against manifestation of the Inner Power. Getting rid of beliefs is a process to freedom of the man. A free man does not have beliefs.

I hope that information included in this book will help you in getting rid of beliefs. Such a process will be happening if you use that information for benefiting yourself and others.

It is worth knowing that for yourself, you are the most important being in the universe, therefore, take care of yourself, that means giving yourself the highest regard, seeing yourself as an admirable man and Love yourself.

At the same time do not compare yourself to other people, so that you do not suffer and do not feel superior to them. Every man is a different universe, therefore comparing yourself to others is useless.

Remove fears and awes and let Joy manifest itself through you, because this is how you are creating Life and that is Love is emanating from you.

From then on, you do not need or seek any help. That is how you are

becoming a happy man who naturally share joy and Love with others. The more you give, the more you receive. Others will be following such a life style, thus the world becomes paradise, because people become free.

It is difficult to beguile or stultify free people in order to enslave them, therefore free people do not have rulers, lords or guides. They know and utilize their natural Inner Power, they consciously create their own life.

I am dreaming about such man and mankind. I see in future, mankind is like that. This is why I am sharing my knowledge in form of information contained in this book.

The texts contained here are the sum of two books: “Life Style Without Food” published in 2005 and “Life Style Without Food – Addendum” published in 2014. Except for removed errors and redundant sentences, and adding some sentences, the contents of this book does not differ much from the sum of the contents of the two books.

# THIS IS ONLY INFORMATION

This book contains just information. All information can be (partially or completely) true or false regardless of where it is found. 'Great spiritual master', 'enlightened guru', TV, a book, Internet and others are sources of information. None of these and no other source of information can give you (real, true) knowledge.-

Knowledge is something you build up by experience, using the information you receive. The information itself is not knowledge. To build up your own knowledge, you can use information from different sources. Having checked the information out and having experienced it, you can say: I know. Until then you were believing, you did not know.

Belief has an unbreakable connection with doubt (actually it is the same thing but seen from the other side). What you believe as true, you also doubt. When you doubt something, at the same time you also believe it. Also when you believe, you may be questioning and searching until you gain knowledge. When you know, you do not ask, you just know, period.

Therefore do not blindly believe what is written in this book; it is better to find it out by yourself. You can take advantage of all the information here in any way. For example, you can test it on yourself in order to build up your own knowledge. If you are going to blindly believe what is written here, you may suffer as a consequence.

When you believe the information you receive to be your knowledge, you become a slave to the information source. A group of people believing in a so-called authority (guru, master, teacher, expert) can be easily manipulated. This was one of the main reasons why (and how) religions, -isms, parties, cults and other organizations, which are controlling people and their life style, have been established and continue to prosper.

In other words, I suggest that you think for yourself. Use the information and treat all 'spiritual masters', 'recognized authorities', mass media etc. as sources of information only. Then work with the information yourself, not allowing others to manipulate you. Test it yourself; experience it yourself, because if you do not, you will never know, you can only believe.

Let me say it again – pay heed to the fact that this is only information and nothing more.

All information is:  
↑ entirely true  
or  
↓ entirely false  
or  
↑↓ partly true and partly false.

Every bit of information is exactly that, regardless of its origin. Whether it comes from me or from a president or from an alcoholic or from the highest authority or from a hopeless villain or from a king or from a henchman or from evil or from angel or from extraterrestrial entity – it is still only information and it has one of the three above mentioned characteristics. Always be aware of that. For when you are aware, it is much more difficult to mislead you.

Information is not your knowledge. Knowledge cannot be put across intellectually. By listening, reading or watching you can receive information only, nothing more.

You are building your knowledge, inter alia, through experience. You can also remember it or receive it from intuition, but not intellectually.

Information can be easily passed to others. Knowledge is built by man for themselves.

Therefore this book is just information for you, it is not your knowledge. What is written here can be true or false.

In addition, truth and falsehood are relative, because they depend on circumstances. For example,  $2+2$  may equal 4, or  $2+2$  may equal 11, or different result is possible depending on the number system. What is true in one system may be false in another. Truth and falsehood are relative.

That is why I repeat, do not believe what is written in this book. Also, be wary of believing other sources. Listen, read and watch with the awareness that what comes to you is just information which can be true and false at the same time. What that is for you, you will find out for yourself.

Based on information, true and false, you can build your knowledge. When you harness information to serve you, then you experience and acquire – this is how you build your knowledge. However, that will be your knowledge. For other people, your knowledge will be just information because you will not be able to transfer your knowledge to them intellectually.

By the way – let me ask you – do you believe in God? Why?

# DEFINITIONS

Proper comprehension of what someone is saying or writing to you is the base of understandable communication. People may use identical words but intend different meanings. The word “god” is an example that evokes the largest number of images in respect to meaning. If you ask a thousand people to define the meaning of the word “god”, you will receive hundreds of definitions, among them some dozens will be very different. Imagine how much misunderstanding can arise when those people talk about god. Therefore, it is possible that in a group of a few dozen people everyone will be speaking about different things.

I do not use the word “god” unless I have first made the meaning clear to my interlocutor or the definition is not important for the sense of a given sentence.

Please note the meanings of the words that I have defined below and have used in my writings.

The following are my definitions:

**emotion** – a perceptible rise of energy activity in the body caused by imagination or by external stimuli. Emotion is a program in the instinct and as such, can be built in, modified or removed. Emotions are adopted from the society in which man lives, as a result of automatic programming which begins from the moment of conception.

**feeling** – a perceptible attitude towards a subject (for example, man towards an animal) that can cause emotions. A feeling is the opposite of indifference.

Someone can be indifferent for you or you can feel something towards them, for example, you can love them. Because of that feeling, you can evoke emotions in yourself, which can manifest, e.g. as laughter.

**Love** – (written with a capital L) is neither emotion nor feeling or affection. However, Love can be felt. Love is something that appears when Life is created. When one is under the influence of Love, one can trigger ecstatic emotions within and trigger feelings like love and joy.

In other words, when you are creating Life, you and those around you feel Love, something that is unexplainable and incomprehensible on an intellectual level.



The sun is the symbol of Love, because the sun is the creator of Life.

Realize this – the sun does not care about you, does not know what you do and does not bother whether you blaspheme it or pray to it. The sun does not even know that you exist. Nevertheless the sun gives you warmth, light, soil, food, energy – everything necessary for your life. Without the sun there would be no life on Earth and your body would not exist.

In exchange for all of that, the sun wants nothing from you. The sun Loves unconditionally everything around regardless of how any being behaves. The same happens when you Love – you are creating Life. It can be felt that you emanate Love – this is how you are becoming the sun.

**love** – (written with a small l) is affection that can be felt or expressed as liking, attraction, passion, warmth, arousal or lust. This love is a program (automatic mechanism) built into the instinct. Most people are familiar with love because they have loved and they were loved.



A red heart is the symbol of love.

You can Love someone without loving them. This is precisely what is happening in the case of the sun. It Loves you although you are not attractive to the sun. Sun does not yearn for you, it has no emotions associated with you.

**man** – a being who consists of an humanoid physical body, a spirit and a soul. I am using 'man' in this book, instead of 'person'. A person is not man. “Traditionally the word man has been used to refer not only to adult males but also to human beings in general, regardless of sex. There is a historical explanation for this: in Old English the principal sense of man was 'a human being',”  
– from [oxforddictionaries.com](http://oxforddictionaries.com) .

**spirit** – a being consisting of an immaterial body, a mind and a soul.

**soul** – a spark of the Consciousness emanating (being imagined) by IAM, existing beyond time, space and mind. The soul can be compared to a star, IAM can be compared to universe and the Consciousness to infinity. IAM can create many souls simultaneously.

**person** – legal fiction, a description created in imagination and existing only in a media, for example, stone, wood, paper, plastic or disc. Examples include a description on an ID card or characteristics written in a passport.



# BEFORE WE START WITH THE TOPIC

## VOGUE

In the beginning of 2001 I noticed a vogue (which later faded) for breatharianism, non-eating, “pranic feeding”, going for “living on Light” in Poland. I am sure that in large part the vogue was created by the mass media. I can imagine that similar vogues happen in different places on Earth from time to time, so my observations in Poland may also be valid for other places.

Everything would be fine had it not looked like the so-called “blind run of flock of sheep”. The “blind run” brought some peoples to a dead end and did more harm than good to them (and to the whole issue). It all resulted mostly from misunderstanding of the matter and insufficient knowledge.

Despite what some people and the mass media are promoting, non-eating relates mainly to one of the stages on the way to expanding the sphere of Consciousness in which man lives in, in other words, on the way to perfection, on the path of conscious spiritual self-development. Making non-eating the main goal and trying to adapt the body to living without food, without the necessary spiritual considerations, can cause suffering to man.

One of the reasons why I have written this book is to deliver proper and practical information on: what the matter is about, which way of doing it is more beneficial, what should not be omitted, what should be considered etc. In doing so I focus your attention on the fact that non-eating can be a jump into the unknown. This can be dangerous because this can cause man to lose their material body.

It is worth remembering that non-eating is related to spiritual self-development, although, theoretically, also a “completely unaware” man (and not interested in this matter) also can acquire the ability to live without inserting anything into their mouth.

From data that has come to me I conclude that the vogue of become an inediate and the race for living without food, appear in some places on Earth while disappearing in others. However, one trait is common – many people, like sheep, follow what others are due to herd instinct. They do not know the subject deeply enough, they just read or hear something from someone and then they jump into the abyss. That method can be good for a worrier but it can cause physical injury and suffering.

From my observations, I have come to the conclusion that people cause the most damage to themselves by so-called “21 day process”. They believe that this method is an efficient means for becoming inediate. I have never met any man nor heard of anyone who became an inediate as the result of following “the 21 day process”.

On the other hand, many people who have followed that “process”, came to me asking for advice due to the resultant physical pain and mental suffering they endured.

Other activities bringing adverse effects to people, that I have observed, are group gatherings lasting from a few days to a few weeks, organised by some people who were promoted on the internet as non-eaters.

I see that their main purpose to organize such activities is to make money. Knowledge of those leaders is insufficient for efficiently helping those who were aspiring to non-eating.

The people seeking help, turned to those leaders with hope, gave them a lot of money, but after the meetings those people still had unresolved problems and hopes unfulfilled.

I felt that it was dishonest for these leaders to prey on the hopes of others.

## **WARNING**

The main purpose of my activity regarding the subject of “living without food” is to pass on to interested people:

- ◆ information about methods for adapting the body for proper functioning without the need of eating;
- ◆ material covering details about adapting oneself to living without food;
- ◆ material covering the ability of the body to live without the need of eating.

I have written this book in order to realize part of the purpose. However, please, do not look upon this information as an instructional manual leading through adapting your body for living without eating. The task I have decided to work out by writing this book is to deliver information only.

Adapting yourself to living completely without eating is a complex process, which most often requires you to live in a larger sphere of Consciousness. You would be better off seeking advice from more experienced people. You might also consider looking for guidance from more experienced people.

Furthermore, be aware that each and every man goes differently through

this process; which is the reason why every man needs a customized method, personally worked out. It is worth remembering that there are as many methods of adapting the body for non-eating as there are people who have gone through the process.

**COMMON SENSE** – please, pay close attention to this title. If you follow common sense, you will not experience the danger of degrading the health of your body.

In case of people living on Earth, inedia should not to be achieved by force. Inedia usually appears as a by-product of expanding sphere of the Consciousness in which man lives.

When you discover that something bad is happening to your body, go back. It is time to learn more, not to continue in the field that may hold unknown dangers for you. I know, you see inedia across the field – so what? – Even if you see it from far distance, you may not reach that place. Even if you are a natural warrior, still, you can perish. Therefore, let common sense guide you.

## TERMS

In communicating with people speaking different languages, I found that there can be difficulty in finding the precise word with the specific intended meaning, when translating a text from one language to another. There may also be a variety of words or lack of words with shades of the meaning. My hope is that the following definitions are properly understood by readers of different languages.

The commonly used words in respect to the theme of this book are described below.

### **inedia**

Inedia is the state of a man who does not need food or drink for their body to function properly. Inedia is normal in the natural state of a man, which is now rare on Earth. A man in the state of inedia is called an inediate.

### **inediate**

An inediate is a man who does not need food or drink for their body to function properly. Inediate's mind and body function perfectly.

This word originates from the old Christian scripts describing saints who lived for years without eating and drinking. Presently the word inedia relates not only to Christian saints but describes any man living without eating and drinking regardless of their religion or beliefs.

**non-eating**

Non-eating is a state of a man who does not need food in order for their body and mind to function properly.

**non-eater**

A non-eater is a man who does not eat but needs only water and rarely other drink to function properly.

**liquidarian**

A liquidarian is a man who consumes only drinks, which constitutes food for the body, like juices, herbal tea or milk. Liquidarianism is a liquid diet.

**fast / fasting**

To fast or fasting means to refrain from eating or from eating and drinking (dry fasting) for a period of time, due to a religious or traditional requirement or for healing the body. Fasting is one of the most efficient methods on Earth for healing illness and disease.

**diet**

A diet is a specific selection of foods. People follow a diet due to a belief system or a desire to keep the body in good shape.

There are thousands of diets, none of which are perfect. Every diet helps some people while harming others.

**breatharianism**

Breatharianism is a concept in which a man lives only by breathing air.

The air is enough to sustain the body properly. Thus, air is the only food that a 'breath-arian' needs.

This term was popularized by Hilton Hotema in the 1950's or 60's and latter by Wiley Brooks to emphasize the substance that builds and sustains a man's body.

**breatharian**

A breatharian is a man who feeds his body only by breathing air. He needs no food to keep his body functioning properly.

Hilton Hotema insisted that a man is a breatharian by nature – that is to say, a man's body is sustained only by air. Therefore a man does not need so-called food which is considered poisonous and a drug.

According to this concept, all people are breatharians, regardless of whether they eat food. Presently the term breatharian is often misused and misunderstood because people wrongly say 'breatharian' when they really mean 'inediate' or possibly 'non-eater'.

**living on Light**

Living on Light (or light) is a concept, introduced by some spiritually ori-

ented non-eaters, about the ability of a being to live without food, and be sustained only by Light. This Light is not visible but is some kind of energy-like substance. Light and prana are often understood as being the same. Thus, it can be said that 'living on prana' and 'living on light' are the same.

You may be confused with these terms – non-eating, breatharianism, inedia. What are the differences among these terms? All three describe the state of a man who does not eat. Allow me to explain the essence of these terms.

**Non-eating** emphasises exactly on what the two words mean, the state in which there is **no eating**. It is not related to drinking or breathing.

**Inedia** emphasises on **no eating** and **no drinking**.  
It is not related to breathing.

**Breatharianism** emphasises on **breathing** as the source of body life.  
It is not related to eating or drinking.

## BE A CO-AUTHOR OF THIS BOOK

For me, writing a book about a topic such as non-eating is a process that never ends. Whenever I think about the content already written, more things (of what I could write about it) come to my mind. There is always something that I could add to make the subject more comprehensive. My goal is to have the most comprehensive work up of this topic in one book. I know a lot in this matter myself and I am finding new things, but still it is not everything. The knowledge you possess about this topic is a valuable source. Therefore I invite you to together enlarge the collection of useful information contained in this book.

If you are living without food or doing long fasts, please describe your experiments, experiences and observations. Write about yourself, how you prepared your body for living without food, how you went through fasting and why you did it. Also, please write about the obstacles you encountered and what solutions you used to overcome them.

If you are not a non-eater, please also write to me. Every comment or suggestion from you may be valuable for me. What is missing in this book, what should be changed, what do you not like, etc.?

# INTRODUCTION

Man in their natural state is a being of unlimited abilities. To say it properly, man can be limited by their own beliefs. Beliefs constitute barriers that cannot be overcome. The way to freedom of man, the being of unlimited abilities, requires removing these barriers.

Those who rule others know, since the beginning of life on Earth, that man in their nature is unlimited. If someone wants to rule people, that is to enslave them, he can achieve that by convincing people to follow beliefs. Man is ready to do a lot in order to protect and realize their beliefs, even fight to death for them. There are many examples proving how people on Earth are blinded because of beliefs. Can you mention some of them?

Beliefs are programs built in the man's instinct, usually deeply. Intellectual explanation may create doubts, but rarely removes beliefs. Man often can explain to themselves why a given behaviour is senseless, but they still find it difficult to free themselves of such a conduct.

Explanation aiming to deeply intellectually understand why man living in natural state can make “miracles” (e.g. they need no food, drink and air), requires complete understanding of what man is and how individual constituents interact.

Since man is not an isolated object, you need to know the basics of what constitutes man when learning about them. So, to have a complete picture, let us start from the beginning, that is from the Consciousness.

# ASK YOURSELF

I suggest that you think deeply over these questions, analyse them and answer them to yourself.

1. Why almost everything that human eats is later excreted as faeces, urine, mucus, sebum, gases, blood etc.? Does it mean that this perfect organism is a machine for processing almost all eaten things to produce excretions?
2. Why there are no illnesses caused by non-eating or by fasting, but there are so many diseases caused by eating?
3. Why do so many diseases (often bothering man for years) completely disappear during long enough fasting?
4. Why do fasting statistics show the highest efficiency rate among physical healing methods available on Earth?
5. When treated for drug addiction (either alcohol or nicotine, narcotics, caffeine, sugar etc.), the body shows some unpleasant reaction (called clinical symptoms). When stopping eating people show the same clinical symptoms. Why are the symptoms in both cases the same? When a recovered addict returns to their addiction, the reactions in their body are the same as appear in man who restarts eating after a long period of fasting. Again, why the reactions are the same in both cases?
6. Researches show that some people can live without food for months or years, but others die after just a dozen of days. Why?
7. Why do different individuals, having the same weight and height, eating food which differs very much by quantity and composition (every man eats something different) enjoy perfect health?
8. Why are some people eating very healthy food often ill, but other people eating junk food very healthy?
9. When people and animals are ill, they have no appetite. In such cases animals fast until they become healthy. If an ill human fasts, they also become healthy much faster. Why does the body react like this?

Do you have any other question related to this subject?

# THE CONSCIOUSNESS

The Consciousness (written with capital C).

Imagine something that does not have any space, time or any other limitations. Actually, it is impossible for the intellect to imagine the Consciousness, because any such attempt already creates a limitation. But just for the sake of a visual representation here, imagine something that does not have any limit in its time, space, feeling, knowledge, abilities and anything that you can imagine, and even more.

The Consciousness is almighty, all-knowing, all-existing, and all the other all- (s). The Consciousness is the cause of all causes. All matter, all spirit, all thinking processes and all life in its origin – all these, and even more things, have the Consciousness in their origin of existence. The Consciousness is everything that you are able and unable to imagine, and even more.

Other words used (in the same or similar context) for the Consciousness are, for example: God, The Absolute, The Providence, The Almighty, The Universal Mind, The Cause, The Principle, The Universal Consciousness. Depending on the understanding and explanation of man, who uses these words, they may have another definition, which may or may not be the same as the above one. So, if you are unsure what someone is talking about, ask them about the definition.

If I was to describe the Consciousness graphically, I would draw a dot and mark it with the minus infinity symbol. From the dot there would be lines spreading in all three dimensions, until the plus infinity. Of course it is only a graphical representation of something, which is impossible to draw. Let us make a premise that this drawing represents infinity, something that has no limits. Such a representation of the Consciousness makes my explanation easier to understand. So the drawing below represents, for the intellect, the Consciousness.

I have already written that it is impossible to comprehend the Consciousness intellectually. Let's do a comparison. A machine wants to comprehend the engineer who built it. This machine does not even have a tool (mind) which is necessary for thinking.

The intellect is the machine and the engineer is the Consciousness. The intellect does not have a tool capable to comprehend what the Consciousness is.



Nevertheless, it is possible and worthwhile to bring the intellect closer to comprehending the Consciousness. As a result, the intellect has a deeper grasp. Using the intellect you are making decisions and thus creating your life.

Then, what is the Consciousness?

It can be depicted in various ways. Every description of the Consciousness is untrue, it is only a depiction of an image in our imagination. When you leave the intellect and enter the intuition or even beyond, you can “see” or “perceive” the Consciousness. However, upon returning, you will know that you are not able to grasp and describe the Consciousness.

Imagine that you are moving at the speed of light through the dark space of the perfectly empty cosmos without the smallest particle of light. You have been travelling for 15 billion years and still you see nothing. You have been moving endlessly and still there is only perfect darkness and nothingness. You cannot define space or time. If you were asked about space and time in the cosmos, you would answer that they do not exist or that they are limitless.

Now be aware, that limitless space and limitless nothingness is only a picture, just an image in the Consciousness. How much space and time does a picture in the imagination occupy? None. Completely nil. A picture in the imagination has nothing to do with time or space, because it is just a picture, which is an illusion.

Therefore, the cosmos which is limitless in space and time, is just an image or an illusion created by the Consciousness. It exists exclusively in the imagination, so it occupies zero space and zero time. Interesting, isn't it? On the one hand, it is huge and infinite; on the other, it is ... nothing.

This is, in big approximation, how the Consciousness can be described intellectually: It is limitless and does not occupy any space. It is everything and nothing simultaneously.

The Consciousness can be described as simultaneously both:

- all boundless universes with all matter, light, energy, Life and time, and every thing else  
and
- nothingness.

Thinking about the Consciousness for the purpose of understanding It, is untrue and therefore creates falsehood. The Consciousness transcends thoughts because It contains everything. Truly, if something exists, it must be only the Consciousness, because everything else is just Its image.

If I was talking to you about the Consciousness, describing It intellectually and conveying by the intuition, I would have no way to make you comprehend what the Consciousness is. My explanations and I are just an infinitely small piece of what the Consciousness imagines. How can an image or micro thought describe its creator?

Let us continue. Imagine that you are still moving in that limitless cosmos. Now you notice flashes of lights, that is, you see result of Life creation. The Consciousness creates Life and entire galaxies made up of billions of stars which are suns. Whenever a star is created, you see light – that is the manifestation of Life creation. This is how the Consciousness creates beings in Its imagination.

Each of these beings, that is every star / sun, is a part of the Consciousness in Its imagination. Every of these parts lives and creates cosmic matter, like planets, moons, comets, star dust, water and elements. All of existence and Life are only images of the Consciousness.

It can be simply said that a galaxy, sun, black hole, and planet are pieces of the Consciousness; or to put it even more simply – they also are the Consciousness. Whatever exists is only the Consciousness.

In comparison, it is somewhat similar to state that every hydrogen atom in the universe can say that it is hydrogen, and every droplet of water in the ocean can say that it is ocean water. Each of these atoms and droplets has qualities of the whole, if you forget about the illusion of space and size.

At this point, can you guess why I wrote: “I AM the Consciousness and everything else is my creature.” as the motto of this book? Now it is obvious that man is also a piece of the Consciousness, similar to those suns and atoms. Man is also the Consciousness because nothing else exists.

Do you understand? No?

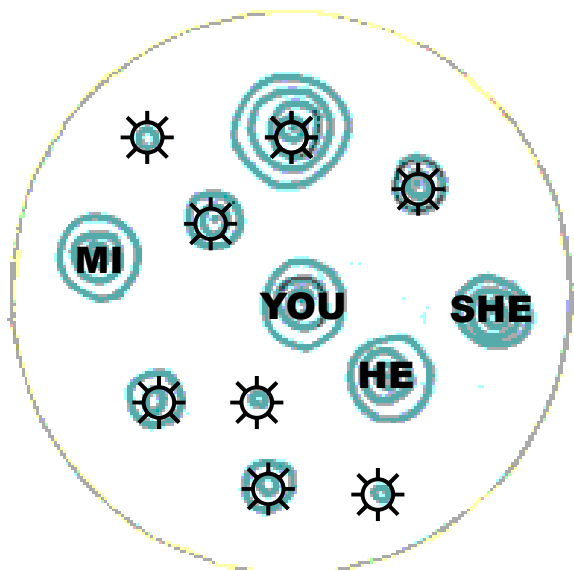
Good, for that is normal. I also do not understand.

This is called philosophy – things can be considered and imagined endlessly when they are not comprehended intellectually.

## IAM

What is IAM (one word written in capitals)? IAM, which cannot be comprehended with the intellect, is an illusory (imaginary) piece of the Consciousness.

IAM is one with the Consciousness and exists in IT like a drop of water is one with the whole lake. IAM and the Consciousness are the same thing, but they are seen differently, considered differently and perceived differently by the intellect.

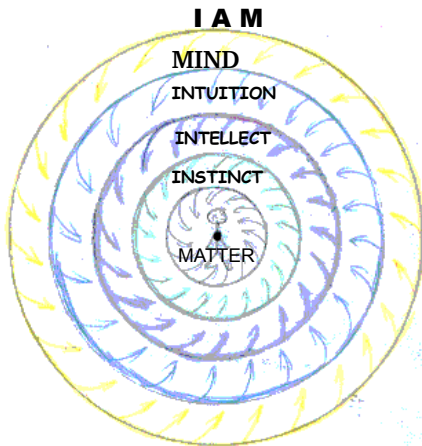


**There are many IAM in the Consciousness.**

Thus the attributes of IAM are those of the Consciousness. IAM is in the Consciousness, at the same time being an imaginary piece of the Consciousness. IAM would not exist without The Consciousness and The Consciousness would not exist without IAM. In the same manner you can imagine that a drop of water would not exist without the lake and the lake would not exist without drops of water which constitute it.

At the same time IAM is the source, the essence, the primary cause and the creator of every being. Every being exists in IAM, because it has been cre-

ated in IAM. A being may feel that IAM is in him/her/it or the being may feel he/she/it is in IAM – it does not matter, because IAM is not limited by dimensions.



Matter – including the body of man – is a picture in the mind.  
The mind – consist of intuition, intellect, instinct – is a picture in IAM.

IAM is a particle of the Consciousness that has the same traits as the Consciousness Itself – it is worth to well remember this definition.

IAM is written in capitals “**I**”, “**A**” and “**M**” in order to differentiate between “IAM” and “I am” which consists of the personal pronoun “I” and the verb “am”. Therefore “IAM” is not the same as “I am”.

For example, one can imagine that IAM is related to the Consciousness just like a hydrogen atom is related to the entire gas hydrogen found in the universe, or like a water droplet is related to the water in the ocean, or like a grain of sand is related to the entire matter of the Earth.

Every hydrogen atom in the universe can say that it is hydrogen of the universe, and every water droplet can say that it is water of the ocean.

Now you may think that there is a difference in size between IAM, which is a particle of the Consciousness, and a molecule or a droplet. After all, an atom occupies much less space than the entire hydrogen of the universe. Similarly, a droplet is many, many times smaller than the ocean.

Recall what I wrote about the Consciousness above, that It is not limited by dimensions, space, size or time. This means that the Consciousness can at the same time be as boundlessly huge as all the universes and as infinitely small as a point or nothingness.

IAM is the same as and has the same traits as the Consciousness, thus both IAM and the Consciousness are the same matter. In order to imagine and later understand / explain this more easily, I have defined IAM as a particle of the Consciousness having the same traits as the Consciousness Itself. In simpler terms, you can imagine that IAM is like a water droplet from an ocean, or a molecule of air from the atmosphere, or a grain of sand from the Earth.

You may wonder why I insist on the understanding of IAM. It is because IAM is the essence of every being. IAM is the creator of everything that comprises a being.

IAM creates the mind, energy, matter (universes), Life and beings. Man is also a being that is created by IAM.

## CONTEMPLATION OF IAM

Sit or lie down in a relaxed position. Stop thinking and move your attention away from the stimuli coming from your senses. If a thought appears, do not follow it, just leave it alone.

Focus on IAM – that is what you are in the essence of you. Direct your attention away from your thoughts, mind, body or anything else. Only focus on IAM – whatever you imagine that is. Do not think about IAM, because IAM is beyond the creating power of mind, and also beyond any place and time. On the contrary, the mind is in IAM, therefore IAM cannot be created by thinking.

However, the mind – and the body through it – can feel the presence of IAM. Focus on this feeling. Tune yourself in for the appearance of IAM. Remain sitting or lying down in a fully relaxed state, but stay focused on IAM.

When IAM begins to manifest, you will feel that in form of indescribable joy and Love. At this point you will feel that your Inner Power originates from IAM.



“I woke up contemplating my 'selves' (ego, personality, mind, thoughts, witness) when spontaneously they were seen for what they are – constructs, or vehicles for the IAM to function/experience on this level of existence ... It was so clear! Suddenly, all shattered and collapsed into the IAM that IAM and then stillness ... nothing ... for a moment/eternity ... So I KNOW ... all is created and sustained by and IS Life/IAM. And deeper still, everything/IAM unfolds from nothing.”

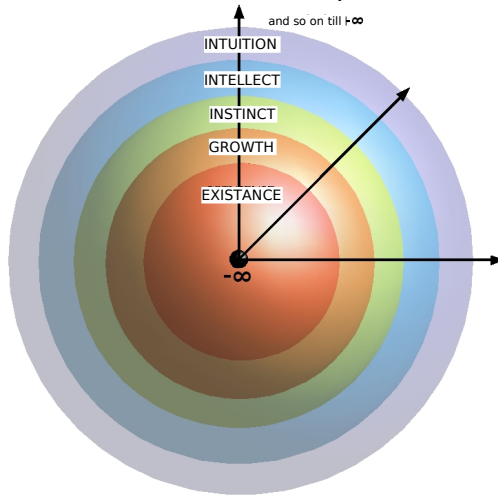
Amara

## **SPHERES OF THE CONSCIOUSNESS**

The Consciousness has no limits, so there is no place where it ends. Nevertheless, imagine that a border of some kind was inserted into the Consciousness so that a limited part of the Consciousness was enveloped to form a sphere. Explaining this in visual terms it can be said that a spherical border was inserted or was created inside of the Consciousness. I call such an area a sphere of the Consciousness. This is what I mean when I say that a being (for example a man) lives in a sphere of the Consciousness.

Unlimited number of spheres of the Consciousness can be created. People know and are able to describe some of the spheres: the existence, the

growth, the instinct, the intellect and the intuition. Visually these spheres of the Consciousness can be shown as in this picture.



The Consciousness has no limits, so a being living in the Consciousness also is not limited in anything. Such a being is perfect in every way, is omnipotent, all-knowing and other all-(s).

Limiting the Consciousness to a sphere makes the being, who is living in the sphere, imperfect (limited). Abilities of a being from a larger sphere of the Consciousness are wider, compared to a being from a smaller sphere. A mineral (representative of the “existence” sphere) has less abilities than a plant (representative of the “growth” sphere). Comparing in the same way, an animal (representative of the “instinct” sphere) can do more and knows more than a plant, but it has less abilities than man (the “intellect”). So one can imagine that the beings living in the “intuition” are more powerful (they are more perfect) than people.

At the same time the above picture shows the process known as evolution (growth). The evolution of a being consists in expansion of the sphere of the Consciousness in which the being lives. A plant is more developed (farther in the evolution) than, for example, a rock crystal. An animal is more developed (living in larger sphere of the Consciousness) than a plant. Man is even farther in the evolution.

In this process a being develops (evolves) itself during the whole life

because the sphere of the Consciousness in which it lives is expanding. The more the sphere of the Consciousness (in which a being lives) expands, the more it is able to do, to imagine, to comprehend, and so on.

The intellectual development of a man, partially estimated as the intelligence quotient (IQ), can be used here as an example. Looking at man's history, one can draw a conclusion that man's abilities of comprehension, explanation, imagining, creating, finding solutions etc., were improving with time. So we can say, that the intellect (the sphere of the Consciousness) of an ordinary inhabitant of Earth has been expanding.

On the other hand, at the same time, the ordinary inhabitant of Earth has been active mainly in the intellect, therefore they have not been capable of doing things which are not possible in this sphere.

Every sphere is a limitation. If man remains in the (sphere of) intellect and they do not evolve more (that is they do not go beyond, to the intuition), man is not able to understand things which exist beyond the boundary of the intellect.

In a specific sphere of the Consciousness, a being creates and then uses a suitable body (sophisticated structure) and specific conditions for living. Some examples. Man has more sensible and more sophisticated construction of the body compared to an animal. Also, human body contains less minerals and more water. Its energetic structure is more developed. An animal has more sophisticated body which contains less minerals compared to the body of a plant. A stone has the hardest body of the three, because it consists of almost exclusively mineral(s).

The beings living in the (sphere of) intuition own much more subtle bodies than people. In present time this body is invisible for most people, so it is considered immaterial.

Apparently, there is no such a thing as a sharp border between the spheres of the Consciousness. There is also no limit in the number of possible spheres which means that the evolution has no leaps. The evolution (expansion of the Consciousness sphere) of a being happens smoothly. In case of man the evolution means the process of expanding of their Consciousness sphere toward the intuition.

The evolution is just like that. There is no such thing as something better or something worse in the evolution, but there are spheres of the Consciousness and different innumerable possibilities to experience Life in them.



Every being has the Consciousness in its essence (source or root). Every being is an experience of imperfection in a particular sphere of the Consciousness. It is the Consciousness itself which is experiencing. So it can be said that the evolution is a game played by the Consciousness.

Do you now understand better the motto of this book?

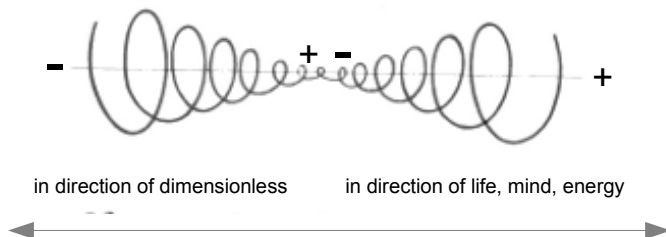
The Consciousness is not limited in any way; however, the Consciousness, being omnipotent, can limit Itself in any way. In this case, the limited Consciousness is a sphere of the Consciousness.

Every sphere of the Consciousness represents a limitation. Every being is limited to a given sphere of the Consciousness. Man, while using instinct, intellect and intuition, is also limited, usually to the sphere of intuition. Potentially, man can grow in development much more. This so-called “spiritual development” consists in expanding the sphere of the Consciousness. The more a being expands the sphere of the Consciousness in which he lives, the more “spiritually developed” the being becomes.

The expansion of the sphere of the Consciousness can be considered a development of one of the following two directions which are in opposition to each other:

- Life – that is the coming into existence and the growing in forms, movement, energy, expansion of space, and time;  
or
- return to the Consciousness – that is the disappearance into the nothingness.

### expanding spheres of the Consciousness



When I explained the diagram “Spheres of the Consciousness”, I wrote, “At the same time the above picture shows the process known as evolution

(growth).” What I meant by “evolution” was the development in creating Life which is one of the two directions. Life is associated with the development of forms, movement, energy and the expansion of space and time. In other words, the larger Life is creating the sphere of the Consciousness, the more intensive movement that occurs in it, the higher the vibrations are, the bigger the radiated energy is and the brighter it becomes.

Here are some examples:

Plants, which are bodies of higher vibration than minerals, have more movement.

Animals are clearly more busy, more alive than plants.

People have more energy and are higher vibrating than animals. As a result they usually live longer. If man does not degrade their body, man can live as long as the planet that they was born on.

Spirits are beings of higher vibrations than people. The spirits' vibrations are so high that their bodies usually are non-material and invisible. They have more energy and can move more quickly.

Therefore the progression: minerals > plants > animals > people > angels > and so on, shows beings of increasingly higher vibrations that are more and more “developed” and “wiser”.

Here I explain the direction of the expansion of the sphere of the Consciousness described by the term “development of Life”, which is the mechanism of the evolution of beings. This direction can also be called enlargement or expansion. It creates matter, beginning with ether and elementary particles, continuing to atoms, planets, galaxies and universes. The Big Bang hypothesis is thus supported and it aligns with reality.

The other direction of expansion of the sphere of the Consciousness is the opposite of the first one; it can be described by the term “shrinking”. In this case the spheres of the Consciousness are expanding in the direction of the full, unlimited Consciousness that is understood as dimensionless, infinitely small, non-existing, and perfect nothingness.

In this process, the evolution regresses, galaxies lapse into black holes, vibrations decelerate to a full stop, energy decreases to absolute zero, darkness falls and everything disappears, lapsing into nothingness.

Initially, it is difficult to understand that both processes of returning to the Consciousness (also called explosion and implosion) are expanding the sphere of the Consciousness which is heading toward the disappearance of the limits. But when you realize that the Consciousness can be visually imagined as infinity and nothingness simultaneously, you will understand more easily that expanding the sphere of the Consciousness leads to the fullness

of the Consciousness without spheres and limits.

These two opposite directions can be seen in activities of man. On the one hand, man studies and develops technology, creating new fields of life, and even travelling into the cosmos. On the other hand, man sits in silence and darkness in order to enter meditation and return to IAM, the Consciousness.

## THE INSTINCT

It is one parts of the mind. It consists of data and programs. A program is a self-functioning mechanism which is working exactly the way it was created (written). The program does not think, it has no emotions and does not do things which it was not destined (programmed) to do.

The instinct is a big collection of programs and data. The instinct does not think, does not deliberate, does not analyse, does not judge and does not create. The instinct runs programs and collects data thoughtlessly.

The data are:

- everything collected by the senses (knowingly or not) and conserved in the memory (most of it is forgotten);
- all circumstances, for example:
  - situations (e.g. behaviour of other beings);
  - factors (e.g. temperature, colour, sound level, space);
  - a result produced by a program.

There is a huge number of programs in the instinct. The working of the human body would be impossible without these programs. Actually, there would be no body without the programs, because the body is a direct result of the programs work.

Here are just a few examples of the programs work:

- human can perceive with the senses and interpret it, so they can feel hunger, thirst or repletion;
- the heart beat frequency, the size of the pupil, amount of the sweat and many others are automatically controlled;
- responses caused by the reflex.

Emotional reactions of humans are programs responses to data. For example, when you hear or see something, you may start to feel happiness, sadness, sorrow, liking or anxiety – these are results of an impact by an external factor (that is data: things seen or heard) on a program serving a

particular field of man.

Another example: You are alone at home in a neutral mood. Unexpectedly someone knocks on the door. Having opened the door you see your beloved man, who kisses you and talks sweetly to you. What emotions arise in you?

Now something else: In a neutral mood you enter a room, where someone immediately shouts at you and throws insults at you. What emotions are arising in you now?

In the first scenario different emotions arise than in the second scenario unless man sufficiently controls them. To put it simply: in such a case specific data produces specific response by working program(s).

To be able to control your own emotions, in a way that allows you to experience them according to your will, may be one of the stages (or attainments) on your path of the spiritual growth.

When you control your emotions, you can decide, at any time, to feel happiness. Then you can remain in this state until you decide to elicit something else, for example, sadness.

If you cannot do it yet, different factors (e.g. behaviour of other people towards you) may be hurling you on the ocean of emotions like the wind hurls a leaf. Any way ... So what?

I suggest that you become well aware of what instinct is. The most important thing is to remember that instinct is a collection of programs and data. It contains all the emotions and feelings.

Instinct can be compared to the software of the computer. Turn on the computer and it begins to function precisely according to the instructions given by the software. The hardware, which is the machine called the computer, does not function without the software. You can compare this to a human. The body is the machine or hardware, the instinct is the software. The human body cannot function without instinct.

The software of a computer does not think; it merely gives instructions, precisely following the programs and data. When the software gives harmful instructions, it causes improper functioning of the computer and can even hang it up. A program that harms the functioning of the computer is called a virus.

Man's instinct works in exactly the same way. It follows the built-in instruc-

tions (programs + data), even thou this harms the body or leads to death. The harmful function is called an illness. The harmful set of instructions is called a virus.

Regardless of whether the activity of instinct is harmful or not, it functions just as in a computer, even if this activity leads to destruction of the machine, which is the body.

## A SECRET

You may wonder why I wrote so much about the instinct instead of focusing on inedia, non-eating, etc. Let me reveal a secret. If you fully comprehend this, it will suffice for you to become an inedia or non-eater. Knowing this secret, you can create 'miracles' with your body.

The instinct holds the programs and data responsible for processes of eating, digestion and excretion. Normally, according to these programs, the human body must receive the proper substances in the correct quantity and at the right time, in order to function properly – that is to say, to be healthy. Your body cannot function properly in inedia if you have not modified your programs. You must eat so that you do not harm your body. If you force your body to non-eating, you may harm it. If you push it too much, you will kill it.

The full secret of inedia and non-eating is the proper modification of these programs so that they function differently. For example, you can modify the programs responsible for the processes of eating, digestion and excretion in such a way that the body will not require food for proper functioning. Then, according to these modified programs of instinct, the body will always function properly, regardless of whether you give it any food or not.

Inedia and non-eating are not possible without the modification of programs and data in instinct.

How is the program modification achieved? I will discuss that topic later in this book. However, in order to grasp the concept, one needs to fully comprehend the information given here, about the Consciousness, IAM, mind, instinct, intellect, intuition and man.

## THE INTELLECT

The intellect is the part of the mind that creates. The intellect works in this

way: first it creates a question, next it contrives, calculates, analyses, tries, projects, solves etc. and so on, in different order, until, finally, it creates an answer (solution). This answer can contain the next question.

The thing which passes, from the moment of having a question until finding the answer, is called time. Time exists only in the intellect. The intellect cannot exist beyond time. The intellect has been creating time so that it can exist and function. Beyond the intellect there is no time, hence it can be said that time is an illusion of the intellect. The same is with space.

The intellect perceives and builds the world as bi-polar that is the world in which everything has two opposing sides, at the same time there exists something and it is opposite. For example: question and answer, good and bad, light and dark, cold and hot, easy and difficult, hope and doubt, man and woman, perfect and primitive, love and hatred.

The intellect creates something by, among others:

- giving answers to questions;
- building, in the imagination, something which did not exist there before;
- modifying things taken from memory (that is, from the instinct data base) or from senses.

The intellect, contrary to the instinct, does not accumulate data (that is it does not remember); it only thinks (re-arranges and creates the data).

The intellect is a part of the mind, a tool used for conscious programming of the instinct, for finding solutions and for creating. Your life is created in your intellect. Your decisions are created there. You bring problems into life and get rid of them also in the intellect. Using the intellect you may or may not think logically, communicate with beings, explore, learn, solve tasks and answer questions.

If you were not using the intellect, you would behave as a thoughtless animal. Your body would not behave according to the decisions of your intellect; it would merely follow programs of the instinct. This is what happens to man, especially to those with weakly developed the intellect. Their body is more ruled by instinct than by intellect. You have probably observed this kind of behaviour in man. The less intellect and the more instinct ruling the body, results in man being reduced to providing more for his basic needs and satisfying his cravings which are examples of instinctive behaviour.

Man's intellect is a very useful tool. Without using the intellect, people

would still be living like animals in nature. Their technology would consist of the level of their muscle strength and the speed of their movement. Or, that level could be developed further to using wooden blocks, stones and sand.

However, using the intellect can cause man's suffering. Some examples include using intellectual power to destroy nature and making tools to kill people. Some people use their intellect to manipulate others in order to enslave and reign over them.

Man can unknowingly use false information to develop their own world in the intellect. Such man creates problems and thereby unconsciously programs their instinct, which brings sufferings caused by their own wish. So, if you do not wish to suffer, do not blindly believe all information. All that is written, spoken and seen is only information. It can be true or false. If you believe without thinking, you are asking for suffering.

Take advantages of your intellect that you control. It must serve you because it is your tool. It has to serve you in solving problems, so that you will understand and learn efficiently. The intellect has to serve you in making efficient visualizations, so that you can modify programs of the instinct for your own good.  
The intellect must obey you.

Sometimes you need to switch the intellect off – this ability is very useful. Thanks to this ability you can, for example, fall asleep at will, cut off attention from stimuli of the environment, move into meditation. You can also hear intuition or use an almost perfect method of communication and information receiving, which is known as telepathy.

## **THE INTUITION**

It is the part of the mind, which knows “everything” without any question, thinking, creating or searching. There is no question in the intuition. Even if there appeared one, at the same moment the answer would appear too. Actually, there is no such a thing as the “moment” in the intuition either, because the time (together with other illusions) does not exist in the intuition.

Time, space and bi-polar world do not exist in the intuition. They are the creations of the smaller sphere of the Consciousness called the intellect.

The intellect is unable to understand the intuition because the intellect is a smaller sphere of the Consciousness. It follows that the intellect is unable to explain how the intuition works.

The intuition contains the intellect (think about the spheres), so the former understands the latter. Similar relation exists in case of the intellect, which contains and understands the instinct, but not vice versa.

It explains why man, who is the representative of the intellect on Earth, is able to understand and explain, for example, the functioning of the body or behaviour of an animal. It also explains why the animal is not able to understand man, if, for example, the animal is asked to solve a mathematical problem or to explain abstract things. The animal is not able to do so since the instinct is smaller sphere of the Consciousness than the intellect.

Now you may be able to conclude that man (who lives mainly in the intellect) is not able to understand angels and other beings spiritually more developed (who live mainly in the intuition). Indeed, people do not understand them, but they understand and Love people as much as people understand and Love animals.

Therefore, if one man tries to explain something coming from the intuition (so-called: spiritual things) to another man, they can only philosophize. The imperfection of this communication is similar to a situation, in which one cow tries to explain the function of man's intellect to another cow.

So whilst continuing attempts to explain the intuition in this fashion, I will add that it also serves as a kind of a link or gateway to IAM for man.

Talking about people, I also use the expressions: intuition, intellect and instinct, as definitions for parts constituting the mind (as per the above description). So “the intellect” is a sphere of the Consciousness and also is a part of the mind with the description of its function as above mentioned.

Every being, including people, is in its essence the Consciousness which has limited itself to a determined sphere.

Intuition, which is a part of the mind, is also your tool. It is a powerful tool for communication and receiving information. When you can fully use intuition, you do not need look for information through the intellect. Consequently, schools become redundant, nothing can be hidden from you, because you know what and when anything was thought about. You merely need to turn your attention to anyone or anything, to know everything about



them immediately. You learn so quickly that there is no chance for a question to be formed. If you used intuition to learn how your body can live without food, this book would be useless for you. In the time of one second, you would know everything about this topic. In fact, you would know much more.

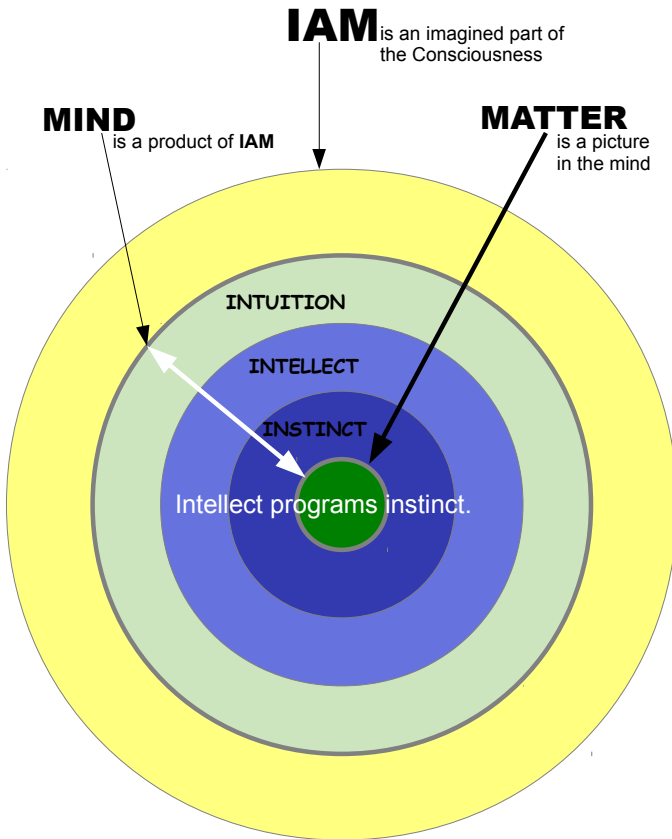
When you intuitively contact another being, you are using a type of communication called telepathy. As a result, communication technology becomes completely useless. The most sophisticated and fastest telephone or internet connections become for your primitive tools which you even do not want to see. Instead of talking for hours with the other man, telepathically you need just a second for saying everything and listening to all. Even more, you will feel everything that your interlocutor does and you will go through the same emotions.

Man uses intuition when they want to know something immediately, things that are not available for the intellect or would require too much time and energy, like travelling, exploration, asking, or researching.

On the other hand, using intuition makes man see life less interesting. What is the fun of knowing everything about a topic or about someone, just at your wish? Then, there is no secret for you, there is nothing to look for or to research.

How can you play a lottery when you know which ticket will be drawn? How to enjoy presents when you know in advance, who is to and what is going to be given to you? How to participate in a conversation when you know who is to speak and what is going to be said because you read their thoughts?

Would you like to live like that? It could be unpleasant on Earth That is the reason why people here have their intuition developed so little.

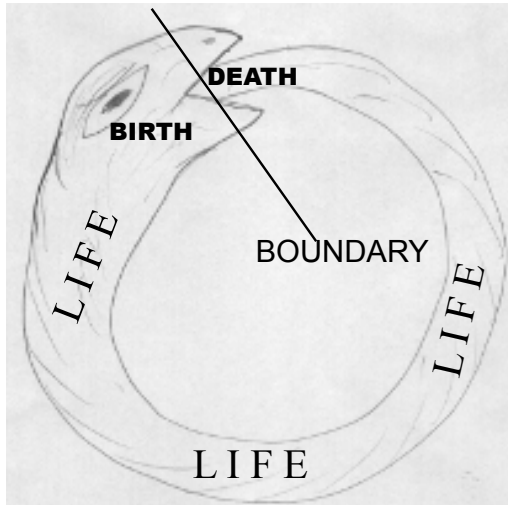


# MIND and BRAIN

By the way, do not confuse mind with brain, because they are two completely different things. You already know that the mind is a creature / tool of IAM. It is not material and does not reside in the body. On the contrary – your body is an image in your mind.

The brain is a physical organ in your head, the central controlling device for electrical and light signals in man's nervous system.

# WHAT IS LIFE?



Life is a transformation occurring in the movement from birth to death. The beginning of Life is called birth and the end is called death. Birth exists due to death and death exists due to birth. Birth and death are the same thing, but seen from the opposite sides, from different dimensions or from different worlds.

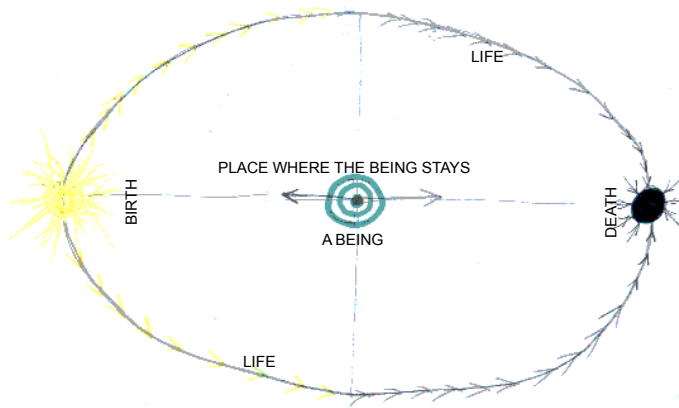
For something to be born, something else must die. For something to be able to die, it must first be born.

The boundary between death and birth is the transformation of one thing into another, but this does not stop Life, although one thing must die so that the other can be born.

The analogy of a snake eating its own tail can symbolically represent Life. Thanks to this, the snake lives. If the snake stopped eating (killing or creating death), its body could not be built (reborn or create life); it would die of starvation.

Birth is presented by the sun because it emanates and gives life to matter.  
Death is presented by the black hole because it devours and kills matter.

In the universe, matter is created by suns (stars) and is annihilated by black holes. Matter lives between the sun and the black hole.



Beings choose where they stay – this defines the direction of their activity. They move towards the sun (light) and creation of matter or they move towards the black hole (darkness) and killing of matter.

Light forces create, give birth and emanate. Dark forces annihilate, kill and devour. The former is needed as much as the latter. When light forces and darkness forces are in equilibrium, Life exists. When one of these forces outweighs the other, Life makes its way towards the end.

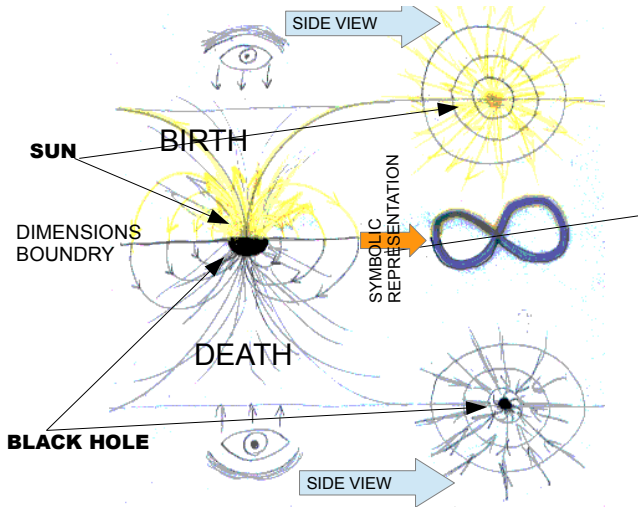
Sun and black hole connect the two dimensions or worlds.

From one world, the sun is seen (birth); from the other, the black hole (death) is seen.

The same thing – which simultaneously kills and creates – is the black hole in one dimension (world) and the sun (star) in the other dimension.

The black hole must annihilate or kill matter so that the sun can give birth or create matter.

The killing creates a substance (food) for birth and the birth creates a substance (body) for death.



The infinity symbol presents this eternal, continuous process.

# A FABLE ABOUT A FISH

First I am going to tell a fable or (looking at it from a different angle) a true story, which is the prologue for the subsequent description of the man.

I upon a time had a fish. I decided to experience the life of a fish. How is it to be a fish? What does the fish do, and why? What does the fish feel? Can it be a breatharian? What kind of emotions does the fish experience? I was interested in knowing answers to such questions. So I decided to explore it. I was curious and I wanted to have fun (to play).

First, for a few months, I daily spent a few hours with the fish. I was observing it in different situations. I found out a lot of things and I learned a lot about the fish. I could even write a book and become an authority in the field of fish life. I had observed everything that was possible to be seen in the life of the fish. That was my experience that people told me about in the past. However, only now, when I have seen it by myself, I can say that I know it.

There was nothing more that I could learn from the observation of the fish. The observation alone could not answer my numerous questions such as: How does the fish see the world? How does the fish feel the water with its skin. How do its body organs react to changes of the water temperature? How does the fish feel the friction depending on its moving speed? The observation alone could not give me answers to these questions. Other people told me how it feels, but for me it was only information about their experience of being in a fish body. Well, if I do not do it myself, I will never know, because the way to knowledge is through experience.

So I had decided to experience the life of the fish, and in order to do this I entered its body. So as for the body, I was a fish. I could feel as if on my own skin all the things that I did not know but was curious about. I could experience myself all the things that people tried to explain to me. Now I finally know how it feels to be a fish.

Actually, at that time I should not have said that I fully knew how it was to be a fish. I was in the body of the fish, this is a fact, but the thing is I knew that I was not a fish. I had experienced everything what could be observed and felt on the body, but I had not learned the emotions of a fish. Exactly, the emotions, which is the essence of the fish life. How is it, what does the fish feel when a pike is approaching to eat it? What does the fish feel when another fish eats its children?

How could I have experienced the whole spectrum of the emotional and mental life of a fish? Well, just being in the fish body was not enough, because I knew that I was not a fish, and that it was only a game I was playing. When I am playing, I know that it is only a game.

Other people told me stories about mental and emotional life of a fish, but again, to me it was, just information. I decided to experience it all, in order to know, and not just have information. I had a choice to enter the body and mind of the fish and to forget that I am not a fish, and that I am only playing.

I did that and lived through the whole life of a fish, not knowing that I was not a fish. Only after doing that (as it turned out) my experience about the life of the fish became complete. All these things, that are having done the observation, feeling the physical body and going through the emotions, constitute the complete experience. Only when having completed them all I can say that I know the life of the fish (because I have experienced it).

Now I can explain this to other people, just like others tried to explain to me in the past. However, I know that those who do not have such experience will not understand me. Even more, there will be people who will say that what I am saying is not true and they will ask for a proof. How am I going to give them a proof of all that I have experienced? They do not have such experience, they have not opened themselves to it because they have decided to only look and listen to my information. I know that they are not capable to understand me, that is why I do not intend to convince them or all the more prove anything. I can give them just information which they can experience by themselves if they decide so.

Have you realized that with this fable I have described man – what they are and what they do here? Do you know that you are such a fish, a character in a game created by IAM?

Being man this time, you already got to know to some degree what man does and what they feel. Having defined an experience to go through, man experiences life in a chosen form (body) and circumstances (location in the space, life style etc.). Man does not know that they are not a fish, and that they only uses the fish's mind and body in order to experience Life, in other words – to play.

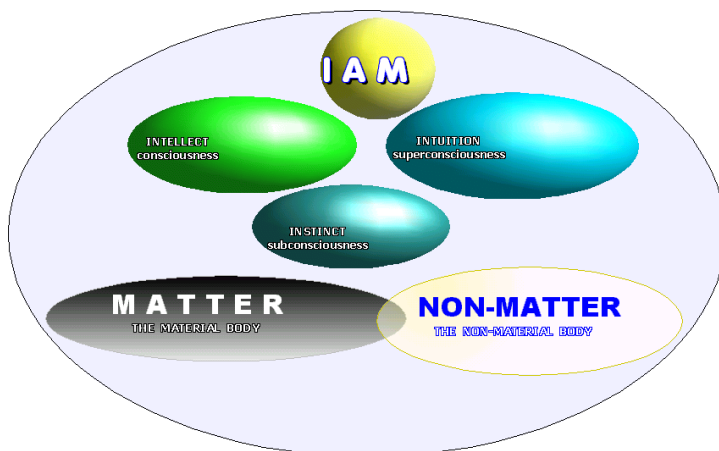




*Am I a fish or what?*

# WHAT IS MAN ?

The picture below is a rough visual representation of the elements making up man. Many other beings living outside Earth look similar in graphic terms.



*MAN*

This picture does not contain all the elements and does not show the internal and external connections, because they are not so important in the present topic. Also the interrelating positions of the elements do not correspond to actual ones, whereby one is contained within another, like spheres, because one creates another. I have chosen this simplified arrangement for clarity necessary in the text. The second picture shows better the construction but it is still far from all the details.

IAM is the centre, the root, the first cause, the essence (other expressions can be used) and simultaneously is the creator of all the other man's elements. IAM is an imagined (as if) independent and separated piece of the Consciousness. At the same time IAM contains inside itself all the elements making up man, because all the elements exist only in the mind of IAM.

Since IAM is an imagined piece of the Consciousness, IAM has all its attributes, for example, IAM is almighty and omniscient. Therefore you may ask yourself, what IAM can wish, since it is perfect, it has, knows and can do everything. Of course, the intellect (a limited sphere of the Consciousness) is not able to understand that, it can only philosophize about the

matter – like I am doing now.

What does IAM wish? The answer is simple: IAM is playing a game that it has created. Since IAM has, knows and can do everything, it needs nothing, therefore it may choose to play a game, for instance.

The game is called “the experience”, and in order to be the most successful it should look like the real thing. The less things and situations look mock, the better the game is. IAM can produce such circumstances by making limits, that is by creating a sphere of Consciousness which is suitable for the conditions of the game in creation.

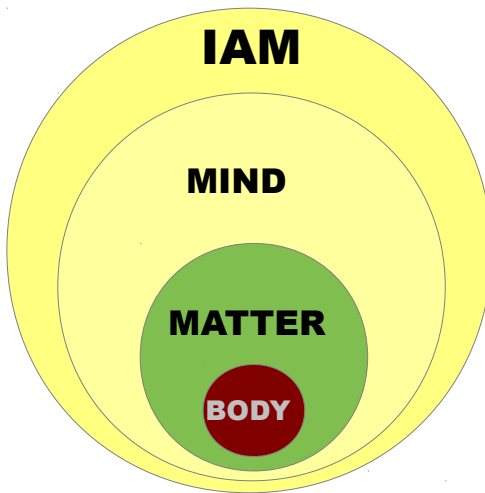
In the case of the game called: “experiencing Life as man being on Earth”, IAM creates (among others) the following tools which are suitable for the experiencing of:

1. the mind, which consists of the intuition, the intellect and the instinct;
2. quite sophisticated structure called “the body”, which actually consists of the material (physical) body and many more elements also called “bodies” (the details are not important in this description);
3. circumstances and conditions for the experience (e.g. living in a small town on Earth).

Having created all necessary elements, IAM is experiencing what can be called: “an evolution from imperfection to perfection” or “spiritual development”. It is quite an interesting game, when a being who in its essence is perfect does not know this and thinks of him/herself as being imperfect and therefore strives for perfection.

Having read the story about a fish, you have an image of what man is, what they consist of, how they function and what they do. Instead of a fish, you can imagine other animal or even a plant or a mineral, although in this case you may have less to experience.

To be more specific, I am describing here, using other words, what man is, because this is important information for you. Having known deeper what man is, what they consists of and how they function, you have more possibility to create life consciously.



The entire matter, including the body, is in the mind.  
The mind is in **IAM**.  
**IAM** is in the Consciousness.

This drawing presents man differently, compared to the previous picture. Here I show man as construction of spheres. We still have the same elements: **IAM**, mind and matter. Man can be illustrated still with other drawings.

You already know that there exists nothing but the Consciousness. Everything, everywhere and always are in the Consciousness. On the drawing, I started with **IAM**, which I have explained earlier, **IAM** is an imagined piece of the Consciousness that has the same traits.

**IAM** creates everything else in the imagination. To make it simpler, let us accept that all is created inside **IAM**, thus whatever exists, is in **IAM**. **IAM** creates mind. Mind consists of intuition, intellect, and instinct. In the mind, there is the entire matter, entire universe, because they are just an image, as everything else, kind of an illusion created by mind. Part of this matter is man's body.

This is what man looks like when illustrated. You can draw a conclusion from this drawing that man's body is an image in their mind. Man's mind is a picture in **IAM**.

The picture is an image only, which is something that has no solid base, thus it is an illusion. The conclusion is that everything material, what we universally call “reality”, including man's body, is just an image, just an illusion.

Then, what is man? Man is a creature of mind imagined by IAM, by the Consciousness. Man is nothing = is the Consciousness. IAM the Consciousness and everything else is my creature.

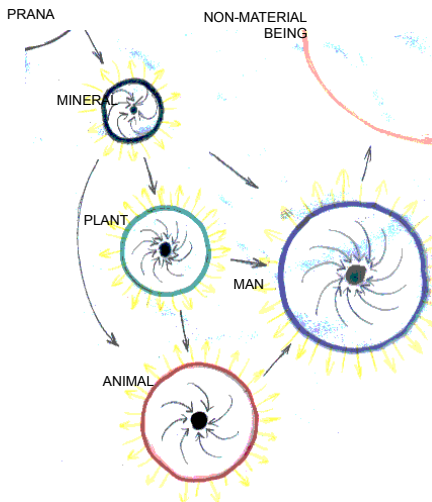
Looking from energetic side – man simultaneously creates and kills, according to the process shown on the drawings in the chapter “what is life”.

Eating and excreting are processes supporting Life. Man, in order to live, eats and excretes – kills and creates.

The following picture shows, how man is situated in the food chain and eating dependencies.

Every being on the drawing – mineral, plant, animal, man – simultaneously takes and creates / kills and gives birth / absorbs and emanates.

As the drawing shows, man can absorb (eat) animals, plants, minerals and prana.



Black hole and sun can be found in every being.

# THE LIGHT

The Light – written with capital L.

Do you know where these expressions come from, and what they mean? – “Living on Light”, “Living in Light”, “To be fed by Light” etc. What actually is this Light?

From my preceding description you know what the Consciousness is. Now, imagine something which is its total absence (maybe even its opposite); let us call it “the Total-Absence-of-the-Consciousness” (TAC). Of course, similarly to imaging the Consciousness, it is impossible to imagine the TAC, because the act of even attempting it will limit what is unlimited and unimaginal. This would be like trying to draw the infinity.

When I am explaining the TAC intellectually, I refer to the total darkness. When the Consciousness appears in this total darkness, a flash of light appears which is called Light. In other words, when the Consciousness appears in the TAC, an external observer can describe this process as a flash of light. So Light is a manifestation of the Consciousness.

Every being is a manifestation of a (limited) sphere of the Consciousness. The larger the sphere is, the more Light the being manifests.

The Consciousness is in the root / essence / beginning of every being. It manifests itself as much as the mind of the being allows it. Therefore, the larger the sphere of the Consciousness in which the being lives, the brighter Light is radiated by the being, lighting up the darkness.

Now you can understand that every man and every other being live on Light. The Light creates and sustains Life. When you feel this process, then you say that you feel Love.

The Light and Love are manifestations of the Consciousness, in other words, the appearance of the Consciousness in the TAC. They are the same thing. The difference is not in the matter but in the way a being can perceive them. The Light is what man sees. The Love is what man feels.

So you are already living on Light, actually, you always have been. If you are aiming to live on Light, just let yourself feel that you are. It is not enough, to understand it intellectually, but once you feel it, you will know it and it will become your reality. Then you will know that you are

the creator of your life.

Now, close your eyes. Fully relax. See and feel the complete darkness for a while. Then let yourself see Light. Once you see it, turn your attention to your feelings. What do you feel? Love. Tell yourself and deeply FEEL this: IAM the Consciousness, the source of Light, Love and Life.

Here is another complementary explanation.

Light is the thing that is seen when Life is being created. When the Consciousness is creating something – for example, an atom, sun, or universe – light is seen. The “Big Bang” is a huge flash of Light, which is visible, when universe arises – the Consciousness is creating energy and matter.

When you close your eyes, withdrawing reception from the senses, deepening yourself in a state without thinking, when your intellect becomes passive and you are entering meditation, then the first thing that you see is Light. Your eyes are closed, darkness surrounds you, but you see bright Light. That is from you in your essence, the creator of life of your mind and body – you are creating them all the time, that is why Light is there all the time.

Man and every other creature have this Light inside themselves. It is a manifestation of Life. Life of a creature is being created all the time, that is why every being shines with light.

# SUGGESTION BY THE SOCIETY

Once, at the beginning of my first non-eating experiment, my wife told me: “What you are doing is against nature.” Before answering I suddenly realized that there was a lot of truth in her statement. Why? Before I answer, please think about the three cases below.

1. When a baby is born in a society of people who eat, they demand food from the moment of the birth. The baby has to be fed because if their body do not receive any food for too long, it will stop working (die). Not giving the baby any food would be acting against nature.
2. When a baby is born in a society of people who eat, but their parents are inediates (and not people forcing themselves to be non-eaters), the baby will demand food in less quantity than the one in the above example.
3. When a baby is born in a society of inediates, it will refuse to eat from the beginning of their life. Then the baby should not receive any food. Giving the baby food, would be acting against their nature.

Do you already know what causes these differences? You can guess that it is about programs in the instinct of the baby, the programs which are responsible for the relation between man and the matter called food.

From the moment of the conception every man is under the influence of the society suggestion. In the womb the mother has the biggest influence on the baby's instinct, next are the father and the other family members and then the people with whom the mother spends most of her time. If they all are people eating “normally”, one should not expect that the instinct programs of the baby in the womb would be different from those prevalent in the society. Therefore the biological nature of the baby born will be also alike, resulting from the influence exercised on this man during their entire stay in the womb. The eating habits of man are being created already in the womb (they can be changed later).

Similar processes are taking place during the whole time after the birth. Until the baby becomes an adult, their diet depends on the society in which the child lives.

A new born baby has the instinct sufficiently programmed in a way that allows their body and mind to function properly. A set of these programs constitutes their nature. Acting against this nature causes disorders or even death in extreme cases.



The conclusion is simple: next time when you decide to be born on Earth as an inmediate, first choose the parents and society suitable for the occasion. ☺

The society suggestion is not limited to the influence of the parents and all the people which man is in contact with. man is also influenced by education, environment, colours, sounds, temperature, food consumed, games and so on. All that and even more continually program man's instinct.

You probably guess how useful a tool, which is the knowledge about the society suggestion, in hands of manipulators is. Understanding the mechanisms of reactions (programmed answers) to specific stimulations (data) in a chosen society, it is easy to manipulate the people (primarily their emotions) in a manner, that their thinking, talking and acting are in accordance with the manipulator's expectation. Fear, desire to feel love, envy, compassion, want of power, desire to punish and other factors causing emotional reactions are used in carefully a planned manner, so that people, according to their own will, do exactly what the manipulators expect.

The instinct is programs and the manipulator is a programmer who knows how to program man in a manner that is not noticeable to man and that often results in man being thankful for the manipulator's work.

Often the voting people are a good example of this. Also look at the advertisements, wrapping of merchandises, arrangement of shops (the music) or offices, declarations of politicians and journalists, and so on and so forth. Listen and feel what they evoke in you, what emotions? Do you think that it happens by coincidence?

The more you think for yourself, that is the more consciously you do something and the more you pay attention to the society suggestion – the more you discover the underlying suggestion and the more you understand how strong an influence it has on the thinking, talking and acting of people. Then you can say that you think by yourself, not according to the patterns built in your instinct. Then you act more and more independently, you become more independent man. Also then the emotional states emerging in you are becoming of the kind that you decide to have, not of the kind that your instinct was programmed to produce in response to specific stimulation (data).

Please, be aware that man who does not understand or control their instinct, regarding the programs governing the matter called food, is not able to become an inmediate. Such man is still a slave of their instinct's programs.

# REPROGRAMMING

The instinct is the part of the mind, which creates, among others, matter (therefore, also human body). How the body functions depends on the instinct. Among other things in the instinct there are also relations between the body and the external matter, of which food is a part.

The instinct of man who “eats normally” has a set of programs running all the processes related to eating and food. How does it work in case of average man? – I think there is no need to explain.

Knowing this much about the instinct, you can easily come to the conclusion that in order to become an inmediate (non-eater, breatharian) the main task to be done is to change the functions of programs related to eating. For the average inhabitant of Earth the result of the programs' work can be described as follows:

If proper substances (defined as “food”) are delivered in human body, through the digestive system, in proper quantities and at proper times – the body works. But if something changes, for example, the quantities decrease too much or the timing is wrong – the body does not work properly, and in extreme cases the vital functions stop.

Therefore, in order to make the body independent of any food, time and quantity, the programs need to be modified, so that they work in the following way.

Regardless of whether substances are put into the body or not, regardless of the time and the quantity – the body works properly. The instinct constantly keeps the human body working properly and man can call themselves an inmediate.

Man who prefers to start from diet modification and who has not decided yet to become an inmediate, may change the programs so that they produce the results as described in this sentence: If the body receives only plant derived food, it works properly. In such a case man may call him/herself a vegan.

Another man may decide to make some other changes. This man will change the programs governing the structure and functioning of their body, so that the result is described in this sentence: Only if fruit or vegetable juices are drunk by the body, in proper quantities and appropriate times, the body works properly. Such man can be called a liquidarian.

How to change the way in which a program works? How to delete a program or data that I have decided to get rid of? How to build in new programs and data?

The methods used for realizing such decisions are visualization, hypnosis and suggestion.

It is worth to be aware that a large part of instincts consists of beliefs. Man is a powerful being with potentially limitless abilities, but they are limited by beliefs. Beliefs are barriers or limits that man does not cross. The more beliefs man has, the more limited they are, the more they have to remove in order to become free.

If you believe that the body has to eat to live, all will happen to you like that. Then you have to eat, because if you do not, you will destroy the body. Then you also can give up aspiring to inedia or non-eating. Those who believe that the body functions because it is built and energised by eaten matter will not be able to keep the body functioning properly.

The belief that body has to eat in order to live is a limit that cannot be crossed by man aspiring to inedia. Such man needs to remove the limit. Then reprogramming in this field is required. I have written about it above in “secret”.

The same is with other beliefs. Every belief is a limit. You cannot cross a limit, because if you do, you are suffering somehow. But you can remove limits – this gives you more and more freedom to act. Reprogramming is a process of removing beliefs from instinct that is its limits, and opening a way to freedom.

When you are removing beliefs, then you are also leaving those who manipulate you. Master, guru, spiritual guardian, adviser, pastor, priest, teacher and so on – they all are your barriers not to be crossed. They also are sources of your beliefs. When you decide to become more free, you will leave them, that is, you will remove these barriers, you will stop believing them. This is also reprogramming that removes beliefs in manipulators. Be aware that also the author of this book is such a manipulator. You should leave him, stop believing in what is written here, so that you can develop yourself and move farther.

Beliefs concern also religion, philosophy, system and different -isms. They contain useful information which you can use in your life. However, when

you blindly believe them, again you fall under barriers not to be crossed. Only by having removed these barriers can you feel relief. When the burden is removed, your mind becomes lighter and you can move farther, and develop yourself, that is, expand sphere of the Consciousness that you live in.

Reprogramming, that is, removing of beliefs, may not be easy. When you decide only: “I do not believe this any more” or “I am leaving this church” or “I abandon this master”, etc. – this is not enough. Instinct requires complete decision, image, and energy, in order to be reprogrammed. I wrote about that in visualization.

# POWERING THE BODY

Shortly and simply, considering it mechanically, energetically and chemically, it can be said that human body is being powered simultaneously by at least four systems: digestive, breathing, skin and direct (mind).

If I was to draw a picture describing percentage quotas of the systems powering the body of a statistical inhabitant of Earth (if it is possible to define this at all), I would write the following amounts:

- about 20% digestive system;
- about 45% breathing system;
- about 35% skin system;
- about 1% mental system.

The sum is 101% because the amounts are approximate. Also this depends on an individual man – the proportions may differ a great deal. You may consider the above quotas as estimates and a graphical presentation of the relation between the body powering systems, rather than scientific data.

Beside this, the proportions are changing, they depend on the life style that man follows. For example, in case of the non-eaters who also do not drink the digesting system will power the body in 0% and the mental system between 1 to 100%. In case of people living on a very small amount of food, who regularly do breathing exercises and expose the skin to the sunshine, these proportions will be different, something like: skin 45%, breathing 50%, eating 1% and the rest would be direct transformation of Light (prana) to the matter.

You probably have experienced such changes of the proportions. When you spent more time doing spiritual (mental) exercises, you wanted to eat less. Similar thing happen when you are practising hatha yoga, doing energizing exercises or you spend much time on a sunny beach. During sunny summer man wants to eat less than they do during cloudy winter.

It is easy to conclude from this that when the body's direct powering system develops sufficiently, then not only food and drink become needless, also the breathing, the influence of the Sun radiation and the temperature also become less needed.

You already know what man is. From that you can conclude easily that what is also powering man's body is one of the actions occurring in imagination. Since man's body is just a picture in imagination, and all matters are

also just a picture, thus powering man's body is a picture – the same kind of illusion.

In “reality” this looks different – you think – man eats material food so that their body has building material and energy for living. Sure, in that “reality”, which is only an image of mind, which is an illusion, such a thing really is occurring.

When you shrink to the intellect sphere of the Consciousness that you live in, you do not see other possibility. However, when you go outside the intellect sphere, you start to see how matter and energy function and what they are, you see the illusion.

Knowing what man is and how they function, you also know that man's body is powered in such a way, in which this is pictured in their mind. Knowing already what instinct is, you probably guess that man's body needs powering = food in accordance to man's belief. I have written about this earlier.

## **DIGESTIVE SYSTEM**

It seems to be the best known system, which transforms eaten solid and liquid substances, generally called food, nourishment or feeding. It makes man feel a contentment caused by the look, smell and taste of the dishes, and mainly after making the stomach full. Also hunger and thirst disappear after some eating. (It is a typical behaviour for an addict.)

The universal “scientific”(?) understanding and explanation of how the consumed substances build and power the body, is as this. The consumed food is disassociated (by e.g. digestive fluids and enzymes) to simpler substances (mainly chemical compounds e.g. glucose, amino acids). Next, these things are used by the body for synthesizing (building) what it needs and for extraction of the life energy (to be used for e.g. moving, thinking, body heating). The resulting conclusion seems to be simple, that the consumed substances give the body energy and building matter. So considering the energy, the body can be compared to a car or a locomotive in which fuel is burned for energy that moves the whole machine.

Some people wonder if really the eaten bread or drunk fruit juice builds human body and can be burned (like coal or wood) for energy. And why different people, although they consume food which differs a lot by the composition and amount, are quite similar in their stature and weight. This

happens even if the daily lives (environment, work and, physical activity) of these people are very similar.

Another real example. man who weighs 120 kg eats two slices of bread and drinks two cups of coffee a day only, but he does not lose any weight. On the same day his peer eats six loaves of bread, two sausages, half litre of milk, three cups of tea, biscuits, fruits and something else, and he remains slim. They are of the same stature and have similar amount of physical activity.

You probably could give more examples like these, if not then it would be enough to look around and compare people regarding this matter. Such examples make it clear that there is no absolute connection between the amount of eaten food, it is composition and the body appearance or how much life energy man has.

Why does it happen like this? If bigger quantity of eaten food gives more life energy, then people who eat more should feel more energized. There is even so-called “energetic value” of food (efficient tool for manipulating people). An amount of grease has this many calories, of milk has less and of saccharose has more calories, and so on. But why eating bigger amount of sugar with fat causes man to feel worse than when they drink the same quantity of fruit juice or just water? Why after a big and satiating meal man, instead of radiating with energy, feels lazy and weakened? Since our childhood we have been under this suggestion: “Eat more to be stronger.” It is a pity how children are being cheated by the use of the suggestion, which later in their life results in so much suffering: diseases, ageing and earlier body death.

By the way. One of the most serious harms that can be done to a child is to force him/her to eat. Carefully watching the child to make sure that they finish eating everything from the dish, harms the body of this man that you do love. This causes, among others, changes in the psychical and physical structures of the child, which are difficult to reverse. Such changes affect the psychical and physical health of this man during their whole life, which is shortened in this way. Shortly, forcing a child to eat more than they feel like, wounds the child's body.

Let your child decide for him/herself. Do not worry, your child will not starve and will not overeat (unless such a program already has been built in). You only need to protect him/her against poisons like sweets, fries, chips and all fried, fumed or grilled food, and also against animal milk including all its products.

Going back to the above questions – the answer is simple and for many people astonishing. Eaten food does not give any energy to the body. All eaten food cause the opposite reaction, it forces the body to spend energy for decomposing, neutralizing and excreting it all. Exactly, the body uses its own energy for transforming and excreting what man inserted in the digestive track.

The other answer can be also astonishing. Eaten food does not build human body cells. It has an impact on how they are built and how they function but it does not build them. The body does not directly build its cells from eaten food.

What does the body do with eaten food? The body removes the food completely if it works properly. The body removes the superfluous, poisoning substances with faeces, urine, sweat, saliva, sebum, blood, breath, hair, nails and epidermis. But if there is something wrong with the body work (in the present civilization this is normal, in other words, there are almost no ideally healthy people) then it deals differently with part of the eaten food. Part of it is stored (eg. as fat or glycogen), other part is put aside for later removal (those substances which need more energy, e.g. heavy metals).

It seems that the human body is a machine producing and removing waste polluting the environment. With this action it follows the law of changes in nature. The more man eats, the less life energy man has, the faster man ages and the sooner the body wears out (is killed). Every machine wears out, the human body is no exception to this, unless ...

Continuing, what is happening to the eaten matter? It is decomposed into different chemical compounds. These enter the blood and circulate in the whole body, reaching the cells. Every chemical compound created in this way constitutes information. This information affects the work of the cell. The cells are affected by information originating from the eaten matter. Information is a program which affects the cell. The cell, being affected by the program, can produce what it needs for living, e.g. protein, minerals and water.

In this matter, the chemical compounds (originating from what man eats and drinks) reaching the cells play the role of catalysts that cause specific reactions. This is why the appearance and behaviour of man depends on what they eat. A substance reaching a cell is a catalyst causing reactions which are beneficial for the life or are not. The bigger amount of not beneficial information (such are caused by poisons) the earlier the cell dies.



The body of man needs a few thousands of chemical compounds and elements a day in order to work properly, every one in right amount and time. If the body does not receive them in the right time and in the right amount it starts to work improperly – this is called an illness. This makes the body wear out (death) faster.

Do you think that with food you can deliver all these substances to the body in the right time and the right proportion? This is practically impossible; isn't it? Fortunately the body can synthesize them directly from Light (or other thing), but under the condition that man does not interfere.

Man in their natural state does not need to eat anything. In the far past, when people on Earth were developed much more than they are now and were living thousands of years, they did not need to eat. They could do that for fun of experiencing matter. This is similar to case now when people do not need stimulants, but they use them for pleasure.

Then, why does man have teeth, stomach, intestines – all that sophisticated digestive-excreting system? Well, the reason is to deeply experience matter. As much as 90% of experiencing life on Earth is somehow related to eating. Think about it, if man did not have a digestive system, they would have lost the possibility to play in matter.

Many inebriates and non-eaters come back to eating after some time. For some of them the reason is that they cannot keep the body in proper functioning any longer. The reason for the others is boredom. They feel that to live like that is just senseless, since the 90% has been removed. They still desire to experience matter and all associated things – after all there is enormity of it.

## **BREATHING SYSTEM**

This is, of course, about the lungs which provide the body with air and remove gaseous substances (mainly carbon dioxide) that are products of matter transformation. The lungs have another important task, they provide the body with prana. Prana can be defined as the basic block building the matter, block which is needed to materialize the life of even the smallest atom particles. According to the primeval definition prana is the same thing as Light, but a more detailed analysis says that prana is a product of Light, it is the first matter produced by self-condensation of Light. The fact is that

prana is present everywhere and the lungs breath it in the body so that the body can live. Without prana man cannot survive unless (... well, it is a different story).

There are breathing exercises, mostly known in yoga, where proper breathing is to charge the body with more life energy. These exercises, if properly done, have the power to heal the psyche and the body. Some of them are beneficial during fasting and non-eating.

## PRANA DRAWING EXERCISE

This is a secret of efficient prana drawing by using breathing. I spontaneously showed this exercise during one social meeting. People were bursting with energy after performing it.

You can use this method to power your body, if you wish so. This may be useful during fasting or transition to non-eating, when you feel low level of body energy and you do not know how to increase it with simple act of the will.

Comfortably stand astride, the best is barefoot directly on soil. Hands hang down freely. Move hands a few cm to front of thighs. Feel how energy is freely flowing through the entire body, from ground to cosmos and inversely, depending on what you imagine.

Next, partially close the eyes and inhale, deeper than usual but do not exaggerate. Stop inhaling at its top (when the lungs are filled with air), but do not block the larynx or nose. Simply, when the lungs are filled, stop breathing in freely and without effort.

Now imagine that invisible and imperceptible inhalation still is occurring. This is actually the prana inhalation. Prana is not air, it has no mass and does not occupy space. Prana follows mind's will, that is why it is enough to think that prana flows into your body in order to make this happen.

Keep this state of stopped inhalation while imagining that prana is flowing into your body. After a while, you will notice that you want to yawn. Do yawn, but do not inhale; continue drawing in prana when imagining that you direct it into the body.

When you feel saturated – probably also feel creeps on the body and tears in the eyes – you can freely let the air out from the lungs. Do the same after next inhalation.

Repeat all of this effortlessly, but do not force the body to withstand without breathing. This must be pleasant, giving you feelings of energy arousing and deep energizing of the body.



It is worth to know that prana can be drawn from the sky or ground. Your imagination decides that, because you are directing the drawing of prana. When you decide to draw prana from the sky, you will feel it flowing through the middle of your head. When you decide to draw prana from the ground, you will feel it flowing through your feet and legs.

You can also draw prana simultaneously from the sky and Earth – this is the most efficient saturation of the body with energy. In this case you are directing the prana flow simultaneously from above through the middle of your head and from below through your feet. You have to clearly feel it.

Both streams of prana, the upper and the lower, meet in the region of your heart or in any other place – you decide where they meet.

Before you start drawing prana into the body, first decide, to which place to direct it and in which part of the body you want to accumulate it. You can decide that, when drawing prana in, you will direct it to the region of the heart.

When you feel energetically weak, you may want to accumulate prana in solar plexus. On other occasions, when you feel a sore throat, direct prana just to that spot and imagine how prana heals it.

You can direct prana to any body region in order to energize that place.

You can also draw prana in and distribute it through the entire body, without focusing it in one region.

If you heal others by touching, you can draw prana and concentrate it in your entire body or only in your hands. Then you can transfer it to another man through your hands (but that is a different topic).

This prana drawing exercise is especially efficient if you are doing it in a place saturated with energy – seashore, mountain peak, forest, desert at sunrise, and power spot are examples of such places. When you are taking prana from the environment, in the rays of the rising sun, you are receiving additional energy.

Drawing prana in at the peak of the inhalation is an efficient method of nourishing the body in the breathing system. Some people use this method to fully power the body. Just by drawing prana they give the body enough energy to live without any food and keep the body functioning properly. Those people can be called breatharians, to emphasize the way they live without material food.

This exercise can be modified in many different ways in order to stronger feel prana energy in the body. For example, when drawing prana in, you can be slowly rising your hands – the hands move up in a semicircle way. When exhaling, you are moving hands in the same semicircle way down.

Pay attention that in this energizing exercise the imagining of how prana flows into the body is much more important than the breathing itself. Prana is not breathing and not air, but the holding up of breathing can be used for drawing prana into the body.

## SKIN SYSTEM

This is about the skin that is the largest organ of human body. The skin, as the lungs, breathes and performs the same tasks as the lungs do (gas exchange and absorbing prana). Besides this, the skin absorbs the radiation coming from the sun, so it is this part of the body where photosynthesis takes place. The skin synthesizes some substances for the body, for example vitamin D. The skin is also a detector of, among others, temperature, humidity, consistency and radiation.

Through this organ many gaseous and liquid substances can enter the body. Performing this function the skin acts in a similar way as the intestines. Thanks to the skin the body can remove many superfluous substances, so it is also an excreting organ. Gases, perspiration, mucus and sebum, which make the body smell in specific ways, are substances containing toxins being excreted.

From the above one can conjecture that putting cosmetics (creams, shampoos, lipsticks, powders) on the skin makes them to be absorbed by the body. Then they circulate with the blood and poison the body, giving the cleaning system more work to do. Often they also set in the body which later, after a few, a dozen or more years, results in form of illnesses. So before you put any cosmetic on your body, think about it. For example, if you can drink a shampoo that you want to use, without suffering any body problems latter, then most probably it is suitable for washing the hairs. The same is with a cream, if it is not digestible then it also is not suitable for the skin.

Do you know what is the most important for the skin? – this is related to the surface of this organ.

The answer: Sunshine.

Sunshine falling on the skin is one of the most important foods for man.

Lack of this food weakens the body self-defence system so much that the body is not able to protect itself against illnesses and destruction.

The viable sun light and invisible cosmic radiation fall on the skin – both of these factors are essentially important for proper functioning of the body.

For this reason man should stay without clothes outside of buildings so that the skin can see the sun and sky as much as it is practical.

Let the entire skin “see” the sun. Walk barefoot and naked whenever you can, necessarily in “the bosom of nature”. Let the sunshine freely fall on the skin. Do not cover the skin, especially do not use sunscreen creams, because they harm the body with poisons absorbed through the skin. Sun-

block ultra violet filter creams are especially a bad idea.

Walk barefoot and naked in forests, mountains and by the seashore. Swim in natural waters if they are clean. When getting out of the water, do not wipe the skin, let it dry in the wind – in this way the skin adsorbs energy from the moving air.

However, do that moderately. If you have not exposed the skin to sunshine for a long time, now do this gradually. If the sun shines strongly, first let it fall on your skin for no longer than a few minutes. On the next day you can extend this time by a few more minutes, and so on., Without harming the skin, you will be able to stay in the sunshine as long as you like.

When you feel that it is too hot for you or the sun burns your skin or it becomes red, this is a sign that you are exposing the skin to the sun for too long. In this case stay longer in the shadow. The Polish say: “What is too much is not healthy.” (“Enough is enough”).

Emanations from the sun and cosmos plus wind and water in the air are food for the body which the skin adsorbs. If the skin of your body is insufficiently exposed to sunshine, do not wonder that the body is unwell – it simply lacks food.

You need to move when staying in nature and exposing the skin to sunshine, wind and water. To merely lie down may not be enough. The body needs movement of all muscles. Through movement the muscles produce electricity which is necessary for proper functioning of the tissues. All starts to slow down and decay without this electricity in the body. So, move yourself, but do not exaggerate, do not force the body to excessive exertion.

You can consider heartbeat, as the determinant of sufficiency of movement for the body. When physically exercising in nature, you should keep the heartbeat at around 130 at least 3 times a week for 30 minutes, thus you meet the statistical minimum. Depending on how advanced you are in exercising, this may be too much or too little for your body. So, adjust the dose of exercises.

It is exceptionally important for man who is fasting or aspiring to inedia or non-eating to regularly expose the body to sunshine, wind and water and to exercise in nature. Thanks to this, the process of cleansing and repairing the body progresses more efficiently and man suffers less from symptoms.

Stay in nature not only during warm and sunny days. The skin needs radi-

ations from the sky and the wind every day. If it is cold outside, windy, rainy, etc. do not stay there too long. Even if you run barefoot and naked on the snow only for one minute, at the temperature -20°C, that will give health advantages to the body.

Sun and cosmic radiations, wind, water, and vapour contain life energy, that is why they are food for the body. When you are thinking slowly or tired due to long sitting at a desk or watching TV, then take off your clothes and run at a trot a mile or so outside. Then come back home, take an alternate shower and feel vigour. You will have so much energy again. Thanks to this, you can intellectually work efficiently again, because your thinking is fast and sharp. The body will be stronger, more resistant and persevere. The ageing process will slow down, so life will be extended.

Mark Adams has written in his health internet portal:

„Vitamin D is a powerful immune booster as well as a natural pathogen destroyer. It increases the body's production of a class of proteins called antimicrobial peptides, approximately 200 have been identified thus far. They are known to directly and rapidly destroy the cell walls of bacteria, fungi, and viruses and play a key role in keeping lungs free of infection.

The best form, by far, of Vitamin D is naturally occurring Vitamin D3, which is produced by sun exposure on the skin. A single, twenty-minute, full body exposure to summer sun will trigger the delivery of 20,000 units of vitamin D3 into the circulation of most people within 48 hours.”

[www.naturalnews.com/046638\\_ebola\\_immunity\\_antivirals.html](http://www.naturalnews.com/046638_ebola_immunity_antivirals.html)

## MENTAL SYSTEM

The pineal body is an internal secretion (endocrine) gland which is placed approximately in the centre of the head. This gland, fully active since birth, begins to slowly atrophy reaching the dimension of a pea in an adult. The common opinion is that then its role becomes quite limited. Let me add for your curiosity that the pineal is the only human body part which does not become ill.

The natural size of the pineal (which have not atrophied) in case of an adult is comparable to the dimension of a ping-pong ball. In such a state it is fully active thus enabling man to use many abilities commonly thought as fantasy, for example: telepathy, much larger range of sense perception, life without eating, drinking, breathing and regardless of the temperature, moving between dimensions and changing the look and density of the body.

So-called spiritual or psychical exercises make the pineal more active and

physically enlarge it. Tests made using computer tomography on some non-eaters proved that their pineal bodies were approximately twice as big as that of a statistical man of Earth.

Powering the body with the mental system can be compared with the creating of everything, which constitutes human body, directly from Light (prana). The more active the pineal is, the less powering for the body is needed from other sources.

In the world of the matter the pineal is kind of a picture (reflection) of how large the sphere of the Consciousness that man lives in is. Also the performance of the so-called extrasensory perception (immaterial senses) depends on the activity of this gland. When the pineal body is sufficiently developed then all physical senses are not needed any more because the perception by the pineal is much vaster. In such a case man can be physically deaf and blind but they will be able to hear and see much, much more.

It is worth to remember not to physically stimulate the growth of the pineal body. Its growth should be associated with the growth of the pituitary. Both glands complete each other in the functionality, so the best is when they develop (grow) together. In the ideal case, that is when the glands are fully developed, the pineal and the pituitary create one body that have the shape of the infinite symbol.

In sum, the appearance and the activity of the pineal body indicates how much the particular man can directly power their body creating all its atoms and life energy directly from Light.

We are talking here about food of the highest quality. This food is used by these inediates who still believe that man's body must be fed by something, so that it can live. Inediates who rid themselves of this belief know that their simple will is enough to keep the body in a perfect state.

This method of “body powering” is so simple that most people have difficulties to get it intellectually. Anyway, let me explain more.

You see in your imagination that according to your will, the body is automatically self-powered. This means that you have decided that energy necessary for proper functioning of your body is being automatically created.

You have decided so, thus, according to your will, all energy required by the body is provided to it. This is happening because energy follows your



will.

In this case, you do not have to focus on any source of life energy, you just imagine that it is in your body. You are clearly feeling this. You feel its flow, if you focus on it. You can also freely regulate and direct it, if you noticed such a need.

Having sufficiently expanded sphere of the Consciousness that you live in, you already know that everything is a picture in the mind, an image that is an illusion – so is energy . In this illusion, the matter of your body is created from energy.

The mental system works also in case of people of “strong/deep faith”. Such man deeply believes that God ordered them to live without food, and thus God provides their body with everything that it needs. In this case, the unshaken belief and emotions of man constitutes efficient visualization. Visualization is a technique used for materializing a picture from imagination into the reality. This is a purely mental technique. It is efficient even when/if it is done unintentionally. You will read later about visualization.

# BODY CLEANSING, PURIFYING

The human body has a sophisticated cleansing system. Removing the redundant and poisoning substances is done with the faeces, urine, exhalation, mucus, sebum, perspiration, blood, lymph, tears, hairs, nails and epidermis (flaking off). The human body can be compared to a machine excreting waste, which is produced mostly from what the human consumes.

The functioning of the machine called the human body depends on efficiency of its cleansing system. If the body is being fully cleansed as it is going and it does not store anything for later time, then the body is working properly. But if the body (this happens most often) is unable to transform and remove substances inserted into its interior in too big amounts, then the body accumulates them. It accumulates them in forms of, for example, glycogen in the liver, fat under the skin or between the muscle tissues, gunge of unknown composition in a cyst, heavy metal chemical compounds in the bones, bone marrow, or brain.

The body of man eating a lot of food (especially if it is full of toxins), breathing poisonous gases contained in the air, and drinking poisoned water, has a serious trouble because the body is unable to sufficiently cleanse itself. In this case the body is accumulating everything that it is not able to remove at once, so that the cleansing and excreting system never stops. Then if from time to time you let the body rest, in other words, you breathe clean air and fast long enough, the body removes the harmful toxins.

These accumulated substances (in other words: toxins) are most often one of the causes of diseases. This is why fasting, especially dry, is the most effective human body physical curing method known on Earth. Fasting made in the right way “produces miracles” because it removes “incurable” diseases.

This is such simple information that even elementary school children are able to understand it; but why so many doctors do not know about it? When they do not know how to cure an ill man, they say that it is an incurable disease, but the fact is that incurable diseases do not exist. There are people who do not know how to cure an ill human. If these people form a majority, if they create a strong suggestion group and if instead of admitting their inexperience they talk about incurable disease, then the myth about incurable diseases is created.

One does not have to be a scientist, doctor or philosopher in order to understand a simple fact that a contaminated body needs some resting from eating and from continues contaminating in order to remove from itself the poisoning substances. Giving the contaminated body some chemical compounds called “medicines” is one of most common errors made by people because of their insufficient knowledge. Eating these chemicals poisons the body even more.

How does it work, the body cleansing system of a statistical inhabitant of the “Western World”, where people do not starve because there is too much food? Let us compare this to a car engine. If the engine's rpm is from two to three thousands, the car will serve you for years without engine problems. But if the engine constantly is forced to work at seven thousand or more rpm, it will break down in a short time.

The body cleansing system of a statistical inhabitant of the “Western World” can be compared to this engine which howls at maximum rotation speed. It is a real wonder how strong the human body cleansing system is. No machine built by man would be able to stand such a treatment.

The cleansing system consists mainly of the liver, kidneys, skin, lungs and large intestine. These are the organs which are overloaded with work caused by too much eating. This is why large intestine cancer, liver cancer, skin tumours are among the most often occurring diseases these days. An organ being forced to overwork will break down earlier, after a few, a dozen or even after some tens of years. The human organs mentioned above perform the work at 100% but in order to keep the body clean they should not exceed 70% of their performance. The best would be not more than half of the performance.

Results of many researches about the impact of food on humans unequivocally prove the same thing, that the more humans eat, the worse health they have, the more often they become ill and the faster they age and the earlier they die. Statistically, decreasing the food intake by half extends the biological life time by at least 20%. If the statistical inhabitant of the “Western World” would decrease the amount of eaten food by four fold (some people would have to eat even ten times less) the body life time of 120 years would be a statistical normality.

“What is in too big quantity, is unhealthy” (a Polish saying) – it is a fact, but “What is in too little quantity, is harmful.” – is also a fact. For every man there is a proper quantity. In this concern you better look with less seriousness at all those charts and tables which present a relation between the body weight, amount and calories of food. It is more beneficial to use the

conscious eating method in order to find for yourself the three factors: what, how much and when the body should eat so that it will function properly. In this concern generalization may bring more harm than benefits.

Man can efficiently purify their body with proper diet or fasting. Primary requirement for purifying the body is breathing with clean air, drinking clean water and eating food free of poisons.

When travelling in different countries, I noticed that people living in cities do not have clean air, water, and food. Especially water available in cities is dead and poisonous except rare exceptions.

If man does not reign sufficiently over matter with their mind, they will not purify the body when drinking such water and bathing in it. Then efficient body purifying is difficult to be performed in a city.

Having decided to efficiently purify and rejuvenate the body, man ought to go from the city to nature, that is to a forest, mountains, or seaside – a place where air and water are clean. Cleanness of water is particularly important.

Lack of proper water for drinking and bathing is presently one of the biggest health problems for people living in cities. I am going to go into this matter later (in another book), in order to help people to protect their body against constant poisoning.

Please, if you have information about this, let me know, so that I can share with other people. This is a large theme – where to take clean water from, how poisoned tap water can be purified for drinking, how to produce properly structured water for man, and so on.

Be aware that your body, particularly the brain, consists mostly of water. Water drunk by you has a direct impact on your body. This is constantly happening, even when you do not feel this any more.

For now, provide yourself with efficient filters, which remove fluoride, chloride, bromide, lead, platinum, cadmium, copper, aluminium, iron and many other substances that harms the body when accumulated too much. Particularly fluoride and chloride, when added to water, are dangerous. Fluoride, besides harming bones and teeth, badly affects the pineal gland, what stultifies man and thus makes it much more difficult to develop mentally (spiritually) – man becomes more and more like a machine in their thinking and acting.

Keep drinking water in containers made of silver of purity at least 999. Learn how to treat water by using magnets and by electrolysis with semi-permeable membrane (alkaline water).

Study works of *Masaru Emoto*, in order to learn, how shapes, sounds, words and thoughts affect water – thanks to this you can bring back proper structure to water. In this way, you can program any drink, while holding it in your hands, before consuming it.

Your body is mostly water. Your words and thoughts are programming this body water and water which you intend to drink. Being aware of this fact, talk and think about yourself only in positive way.

Apart from that, I suggest, get rid of any water container, which is not glass, silver, enamelled or stainless steel, stone or wood. Never use plastic or rubber bottles unless you really have no choice.

# NON-EATING or STARVING

I hope that you do not force your body to fast or to starve unless you do it in the right way in order to heal the body. Please, consider it deeply and make yourself aware of the following facts that are not known to many people (even those aspiring to become ineditates).

The food and the eating are neither bad nor good. They are material functions of the life on Earth and many other planets, being an integral part of Life in some dimensions. These functions, performing their roles, let beings to experience Life in specific conditions. When the associated experiences become needless for the beings, the functions performing them become redundant and then they are rejected or fall away by themselves. Forcing yourself to discard them creates limitations that do not allow you to fully experience your life.

Inedia or non-eating are not about compelling the body to become adapted to living without food. The true state of inedia (natural freedom from the material food) appears by itself as a result of expanding the Consciousness sphere in which man lives. So we are talking about spiritual bloom of man on their path of growing.

First of all non-eating gives you the freedom to choose. I can choose to eat or not to, my body does not need any substance called food. If I eat I do this because of other reason, not in order to deliver building material or energy sustaining the body's life. I eat for company or because I wish to savour something or because I have decided to experience a new taste etc. However, if I am an ascetic regarding food, I really have no will to eat or I clearly feel that the food distracts my comfort, then I eat and drink nothing.

Although the skill of non-consuming foods is the main attribute describing beings practising inedia or non-eating, this is not the goal by itself. In other words, non-eating is an attribute, not a goal, of this life style. This means that the non-eater is not an ascetic mortifying the flesh by refusing the body what it really needs. The real non-eater is man who does not need to eat and drink at all in order to maintain the body in a perfect shape. The non-eater has the choice, and can freely profit it, which means that they can remain absolutely without food and drink or they can eat for a pleasure, for company, not because their body needs to. Time and life conditions have nothing to do about this fact. The most important difference between a non-eater and an eater is about the ability to choose.

That is why many non-eaters from time to time drink water, tea, coffee or other drinks. Some of them, once in a while (say, once in a few weeks) eat a piece of chocolate, a biscuit, cheese, horseradish etc. They know that this is not about ascetic flesh mortifying but about advantages that inedia or non-eating can provide.

Besides this, even if you are an inediate, there is no guarantee that you will remain one forever without harming the body. It may happen (there are many such individuals mentioned in biographies of saints) that after a few or more than a dozen years, or even longer time, an inediate unexpectedly comes back to the “ordinary” eating. It may also happen that within many years of inedia man may have periods of eating for days, weeks or longer. Like an average man may fast from time to time, an inediate may eat sometimes.

From the point of view of man aspiring to inedia or non-eating, in a certain stage of this path, non-eating can be regarded as freedom from the most powerful terrestrial bonding of man to the matter. Then the process that follows is very similar to liberating man from a drug addiction.

Inedia or non-eating is only a stage, a place that man passes by, one of very many, when they are walking consciously on a path to perfection and the vibrations of their body acceleration. Eating is not on every path of conscious self-development, not everyone has to pass through eating and not everyone decides to experience it.

According to the definition, man who regularly nourish him/herself with liquid foods by drinking e.g. juices, bullions, milk, sweet coffee with cream, because their body needs them, is not a non-eater – in such a case we are talking about a liquid diet and we call that man a liquidarian.

Fasting, starving or refraining from eating in other ways for some time in order to achieve a goal – for example, to lose weight, self-healing or religious ritual – are not inedia or non-eating. During these activities man does not consume food for a period of time but later resumes normal eating. An average man feels hunger during this time. In the state of inedia or non-eating there is no hunger.

Also man who forces their body to fast for too long time (for example, to prove that they can live as a breatharian) is not called a non-eater or an inediate. Harming the body in such a way can emaciate it or even cause death from starvation.

It is worth remembering that the way to becoming an inedia leads mainly through personal spiritual growth. For people who decided to realize this goal on their way there are many auxiliary methods. I wrote more about some of the methods later in this book.

I often repeat that inedia is a by-product, which happens when man has sufficiently expanded the sphere of the Consciousness that they live in. There are exceptions, such as a “primitive” man becomes an inedia. I have written very little about these exceptions, because this book is dedicated to those people who are on a way of conscious self-development.

I suggest that you focus on expanding the sphere of the Consciousness that you live in instead of on inedia. When you sufficiently expand that sphere, that is, you develop yourself spiritually enough, then things like inedia will come along just as an act of your will. Simply, you decide and you receive it.

When you force your body to non-eating, you harm yourself. If your goal is harming yourself, I do not support this, but I do not criticize your choice to experience life on Earth. You have free will, so you can choose suffering.

You can recognize full power of inedia only after you really achieve that state. Then you can truly say that you conduct a life style without eating. But when you force inedia on yourself, you are far from reality created by an inedia. Forcing inedia causes deeper sinking into illusion.

When the common sense guides you, you can try many times to start life style without food without doing any harm to your health. Every try can be a valuable lesson for you. But when you forget about the common sense, then experimenting on the field of inedia may bring damages to your body. This is why I often repeat, let the common sense guide you.

The fact that you do not eat, or even are a non-eater or inedia, does not make you better, so you do not have any reason to be proud and feel superior. You are still neither better nor worse than others.

The same is with eating. The fact that you eat less or more, heavier or lighter, following this or that diet, does not make you better or worse.

States of the body, fasting, diets, eating, non-eating, inedia and so on – these are your choices to experience life on Earth. You do not become better or worse just because of these choices; simply, you walk on a different way than most people do.



If people judge you because of your choices – that is their problem, not yours, so, you do not have any reason to worry.

# HOW IS THIS POSSIBLE ?

An answer to this question could occupy a whole book written from the philosophic, religious, esoteric and strict scientific points of view. I would like to know when my interest – serious scientific research made on ineditates and fasting people – will be fulfilled. So-called “scientific” explanation of this, how and why man can live completely without food, definitely qualifies for the Nobel Prize. When and which scientist will be brave and independent enough to take this task for the good of mankind?

How can man live without food? What about the law of energy conservation? What new cells are build from to replace the dead ones? These and similar questions are asked by people who want to find out how this happens, or by people who want to prove that living completely without food is impossible.

Let me answer frankly, I never had any intention to prove that man can live without food. First of all, the only man who can prove anything to you is yourself. What does it mean to prove something to you? It means to make you believe that something is true. This means, you have to believe it. But who can decide about your faith, if not you?

How many times you met people who were provided with “absolute proof” about some facts but they still did not believe it? Those people who decided to prove something were sure about their poof, but they still did not succeed in convincing others, even though all was clear as “black and white”.

If you want to prove to yourself that inedia or non-eating exist, you are free to go ahead. You can explore and experience. I have done this. The fact is, I believed that man can live without food, but I did not know that. That is why I decided to check it out on myself and to conduct the two-year experiment. It turned out that I could live without food. Thanks to that experiment, I now know, I have built my knowledge concerning inedia.

In more than ten years after that, I met many people who were fasting, trying to live without food and those who really did that.

## FOR THE OPEN-MINDED

The reason why the science exists is because not everything has been discovered and described in theories yet; thanks to this fact the scientists can research. This also means that there are things that even “the philosophers

have not dreamed of'. Regardless of whether we believe it or not, the phenomenon exists and it does not care about our ignorance or beliefs.

In the past people believed that Earth is flat, that the Sun orbits Earth, that an object heavier than the air cannot fly etc. People who were saying that it is not true and it works in a different way were believed to be unwise (they also were persecuted). Nevertheless, the phenomena did not care about what people were thinking, they just existed, they were functioning in the way that they were created according to the laws ruling the universe. People did not know these laws so they were saying that such things were impossible.

Exactly the same happens in the present time, people do not believe something that they do not know. Once they get to know something, they change their thinking. This is neither good nor bad, this is the man's attitude to things that deny their beliefs. Inedia or even long fasting are not exceptions to this.

It is a fact that since the beginning of the human civilization on Earth there were, are and will be people who did, do and will not need to eat. So this means that since there were, are and will be such people, then potentially every man is able to live completely without food. Of course, a potential does not automatically mean a skill, because it has to be drilled if one decides so.

## FOR THE ESOTHERICS

The omnipresent Light (known also as e.g. energy, prana, *qi*, ki, orgon, ether, vril, quantum field) that everything is built from, keeps alive man who does not consume food. IAM is the source of this Light. Everything that man needs for their body and mind to live is created directly from Light. One of requirements for the human body to work properly without the material food is specific modification of some programs in the instinct. The instinct controls the whole metabolism and it forms the physical body of the human.

The mind and bodies of man are a set of programs created by a piece of the Consciousness called IAM. Man is not aware of the bigger part of this set, which is controlled by the instinct. According to the functions of the programs of the average Earth inhabitant the body needs to eat "normally" in order to work properly. If it does not receive any food, it will deplete energy and food and in extreme case it will die. If the programs function in

this way, living without food is against nature (which is also a set of programs).

In this set of programs modifications can be done, which will enable the body to receive everything that it needs for normal functioning from other sources than the digestive system. According to the program set modified in this way, man's mind and body are created from a matter directly emerging from Light. This is the same process that is called the creation of the world (Genesis) by the Big Bang.

## **FOR THE SCIENTIFICALLY MINDED**

What does an electron eat so that it has lots of energy and it can live forever if nothing destroys it? How about the atoms of the human body?

Man who sufficiently understands physics knows that the matter and energy are derived from a common source and that they can be influenced by the mind and also that the result of an experiment depends on the experiment-  
alist's expectation. So energy and the matter depend on the mind. Therefore the creation and behaviour of energy and the matter depends on the mind (which is a set of programs).

The human body is the most sophisticated integrated and self-controlling program-energetic-electronic-chemical-mechanical system known to man. Just the human body itself remains a largely unknown structure controlled by the mind. Studying physics, sacred geometry, chemistry, electronics and informatics allows man to better understand the man's mind and body. On the other hand, the more an open minded scientist is engaged in this research, the more they are willing to acknowledge "I know that I know nothing".

The mechanisms of powering the body, transmutations of elements and energetic processes taking place in the body remain largely incomprehensible. However, concerning this, the modern physics, with its theories and hypothesis often more fantastic than science-fiction stories, brings the researchers to the understanding that the body-mind is an energetic creature controlled by programs or, be it said clearly, it is a very large and sophisticated program.

Once I read an explanation in a popular science magazine with articles about quantum physics that from an informatics point of view it is not possible to prove that our universe is not a program. It is easier to prove that

the universe is a program. You see, it is coming out more and more to the masses that a human being is just a program created and controlled by the mind.

One of sources of the construction material and energy for the body are substances produced by the body chemical-physical-electronic plant that is the digesting and breathing systems and the skin. Beside this the atoms consisting the human body are build by quantum field (Light, ether, prana) transformations which produce the solid matter. To make it simple, this system transforms energy directly in matter.

You can find descriptions or research made by Nobel Prize winner Alexis Carrel who was experimenting with chicken heart tissues that he kept alive for 34 years. Alexis had concluded that a cell is immortal, if it is kept in proper conditions.

Presently I would not like to make the effort to explain more. You can find a proof, if this is so important for you. I have told you what I knew, with no intention to convince you.

However, I would be interested in scientific research. Take somebody, for example myself – let me give up food and research the body in order to see what will be happening during, say, one year. How the body is adjusting itself, what changes are taking place in it – that would be interesting. Perfect theme to do a PhD degree, isn't it?

## **FOR THE “BELIEVERS”**

God is everything, is able to do, knows and can do everything. There is no thing which is able to exists without God. There is no thing which was not created by God. Inconceivable and omnipotent God is the only one and the highest perfection. Since God has created everything, knows everything and can do everything and is the highest inconceivable perfection, God can decide and choose people who will be able to live without consuming food. God is inconceivable so man does not have to know how and why God decides something to do and does it. God can give people the ability to live without food. One can ask God for the grace to be an inediate, because God grants sincere prayers of the fully devoted children.

## WITHOUT PHILOSOPHIZING

For a long time I was going to write this, but how to describe something that cannot be described with words and the intellect does not comprehend it. This can be understood only by feeling it, at least telepathically. Any attempt to describe it would be ... philosophizing (wasn't it supposed to be without philosophizing © ...?).

Nevertheless, as you can see, I have decided to describe this. Let this text to be a contribution which brings the understanding of what is the source of life closer to your mind and body.

When I am asked what I nourish the body with during inedia, my truest answer is that I nourish it with ... nothing. I know, because I clearly see and feel this that during inedia I maintain the body in perfect condition only by being conscious that **IAM is the creator of Life**. Do you understand? – the creator of Life. By simply being aware that I create Life, I can maintain the mind and the body (which I am using as tools) in any state I wish. I feel this. At the same time as I turn my focus inward myself (my spiritual centre), I feel IAM which creates (gives) Life and maintains its creation.

I know that until you feel IAM, that is what you really are, you will not be able to understand my explanation, although this is the simplest one I can write down. I know what I am, I feel this thing and I can see how I am creating Life by just being aware about this fact.

Once you know what you are, you see and feel what you would describe as “IAM is consciously creating life”, then you need noting more any more. You inner spiritual awareness and feeling of this fact causes that you do not ask any more question, because you know that they will not answer, advise, show or explain better than what shows you the thing that you feel.

Then you also know that when man says: “I am nourished by prana”, “I live on Light”, “God gives me this grace”, man either cannot explain better, does not understand this or does not feel what they really are in their essence.

This or that way, why would you want to limit yourself? Why would you want to be dependent on prana, Light or God? Of course, you can nourish yourself with these things if you decide so. You can also leave these things once you feel IAM, which is what you really are in your essence. Then not only food and water, but also God, Light and prana will not be needed by you for living. You will not be limited by “living on Light”, “nourishing the

body with prana”, “God’s love or grace” because you will have the choice. You will have the choice not only: eat or not, breathe or not; you will be also able to choose between: to nourish yourself with prana, Light or not, to live on God’s love or not.

What you make yourself dependent on, what nourishes you, and what you free yourself from, that becomes unnecessary for your life. This or that way, whether you are aware of this or not, you always create the world in which you live according to principles and beliefs created by you.

IAM the creator of Life, Light, Love, prana, breathing and food. I also created and I constantly modify these mind and body which serve me as tools for experiencing (or playing a game).

I can enjoy whatever I have created, that is food, water, air, prana, Light, Love, God. I can nourish my mind and body. I can also throw it away as not needed for my further playing and, simply, live just by being aware that IAM is the creator of Life.

So do you now understand more how this is possible that man can live without food? Do you also understand why the real Masters leave and do not teach people? How can they teach about something that the intellect is not able to understand? How to explain something that man does not feel yet?

The clearer you feel what you are in your essence, the more inedia and other “impossible” things will be something natural for you. At the same time less and less often you will try to find something outside yourself, because you will feel more and more that all things always have been in you, actually, you have been always the source of them all.

“The truth will set you free.”

People ask me about “my method” for living without food. How do I do that so that I can keep the body in perfect state without eating anything? How did I do that for the first time between 2001 and 2003?

Well, let me repeat it again. I can explain this, delivering tons of information, but how much will I help you, if it is not the intellect that decides about our possibilities? To describe something clearly enough for intellectual understanding, even good understanding, is something different from the experience. And in this case it is about feeling.

I do not have any method; I – simply – know that I could. When I decided

to give up eating, I knew, that I could live like that. At that time there was no fear in me that something bad could happen to my body because of not eating.

How can I explain to you what I felt at that time? What do I feel when quitting food, since I know that this is simply a matter of decision made by my will? The body is to follow the mind, because it is just a picture in the mind – this is how I see this.

Imagine that you are asking me what I felt and what I saw on a top of a mountain that is difficult and dangerous to reach, on which I was living for two years. I can tell you what I saw and felt on that top. I can also tell you what was on the way when I was climbing the mountain and later on my way back. I will be talking and you will be listening carefully. Even if you intellectually understand my story, you will still not know, because it is not your experience. You will have some information only, received from somebody who went the way, was on the top and returned. Only after you start on the way to the top, reach there, watch everything around, feel it, absorb emotions and go all the way back, will you know. Then your knowledge will be based on experience, it will not be just some information from somebody.

Inedia is like such a top of a mountain difficult to reach. Only after having experienced the way to inedia, lived in it and returned, you will know what that is. Then you will be able to talk and explain about all of that. People will be listening to and remembering your information, but they will not know, because it will not be their experience.

When I focus on what I am in my essence, which I call IAM manifesting Inner Power, then I feel that power, that energy, that source of my mind and body. THAT is sufficient for keeping my tools in proper condition.

Therefore, to make it simple, I can say that my method consists of focusing on IAM, which let me feel the manifestation of the Inner Power, which creates everything in accordance to images in my mind.



## WHY INEDIA

First of all let me emphasize that the purpose of this chapter is not to encourage anybody to non-eating, but to give some objective information only. The subject “why to live without eating” is not intended to convince you about superiority of inedia, it is to inform you about the aspects and influence of inedia or non-eating on individuals and the society.

If inedia does not interests you, if you feel that eating is a pleasure that you are not going to give up, then for sure this life style is not for you, so you can stop reading here. What you feel is the most important thing for you if you have decided to walk consciously, that is, to choose your path to spiritual perfection.

“Why should I live without food if eating is a big pleasure?” – sometimes people ask me this question. First of all you should know that you do not have to, because nobody is going to encourage or compel you to do this. However if you would like to know why some people chose inedia or non-eating, you can read what they most often say about it.

Probably every non-eater has their own answer to this question, however some answers are frequently repeated. Hereby I have listed some facts and most often given answers. The descriptions of individual feelings come from people who do not force their bodies to live without food and whose bodies function properly when this style of living is applied.

## NATURAL STATE OF MAN

Millions of years ago, people on Earth were living in a natural state. For people presently living on Earth, it is difficult to imagine what characteristics of man in a natural state are. Here are some of these characteristics. The body of such man never needed any material food. People did not eat, though they could, because they had a digestive-excreting system (it was quite different compared to the present one), but they played by tasting different things.

Those people did not need electronics to communicate and machines to move from place to place, because intuition was commonly used and flying was as normal as running is today.

Creating matter from thoughts by usage of visualization was something normal – this is why industry, as known today, did not exist at that time. Recall this: when you think about something during night dreams, that happens – man in their natural state can do something like this in the “reality”.

During the times of people in their natural state, there was no job as known to us today, which is slavery, because it was completely useless. Everybody could do what they wished to. People created and modified matter according to their needs and pleasure.

Illnesses did not exist unless somebody desired to create one out of curiosity, just to experience it for fun. Later they got rid of it instantly just by an act of the will.

Man in their natural state was full of joy and thus emanated Love. If you saw such man you would see light aura around them. These days the aura of man is invisible unless you practise enough the ability to see it.

Such man lived as long as they decided to. The body did not degenerate – these days we call it ageing. Men of a thousand years old looked like children of a hundred years young.

Presently there are a few people living in their natural state on Earth. They, for sure, do not advertise themselves. If you do not ask such man about their age, you may not feel it. The biggest spiritual masters sometimes learn from people in natural state.

Potentially every man can regain the natural state. Inedia is one of the by-product of such transformation. The process of regaining the natural state is commonly called “spiritual development”, because it is happening from the spirit to matter, that is from above to below. Aspiring to inedia may be a manifestation of returning to the natural state.

## **PERFECT HEALTH**

Imagine your body working perfectly, without a vestige of an illness. No cold, rhinitis, cough, pain, fatigue or lethargy. You body is healthy and clean as if it belonged to a perfectly healthy baby of a few months young.

When reading this you may think that you feel good and are healthy as this text presents. However, if you have not positively experienced non-eating or fasting, you probably do not know and do not feel what I am referring to.

Regardless of how much one would try, it is impossible to explain with words this state of perfect health and well-being, compared to what you can deeply feel by experiencing it.

Most “healthy” people do not know what perfect health is because they have not experienced it. As long as you have not experienced it by yourself, you can only imagine that during inedia one feels better than in the time period when they were feeling “perfectly” when eating.

The immune system functions so efficiently that even when you stay with a group of people suffering cold, influenza or other contagious diseases, who sneeze, cough or blow their nose around you, it has no effect on your health.

One of reasons of this high immunity to infection, which in fact is a truly natural body state, is the absence of toxins in the body, which are being introduced with food and accumulated in the body for years by people eating “normally”.

Industrially produced food is contaminated with many agricultural toxins and other poisoning substances which are added in order to increase the food production, make it look or taste better, remain fresh longer etc. The amount of these poisons, which are regularly introduced into the body with food, exceeds the body's ability to remove them. This is why the body is cleansing itself for the first few weeks or even months of non-eating, which can cause different symptoms. This cleansing and health recovering process clearly brings increasing well-being which makes you feel the mind and body becoming lighter.

## **FREEDOM**

Enjoying perfect health, with no need to eat or drink, I am free from the common belief about the constraint of acquiring, preparing and consuming food. This means that hunger, starving and problems related to them does not concern me regardless of my living place.

It does not matter whether they are a rich or a poor man without so-called “means for survival”, their body is alive and functions perfectly and they enjoy well-being. Inediate's life does not depend on food and all the troubles associated with acquiring it.

The inediate can choose – they do not need food to function properly but

they can eat something for pleasure, for company or for other reasons. This is the freedom of choice which other people who eat “normally” do not have.

Inedia or non-eating are steps on a path to regaining full freedom by man. When you are aware of this you experience more often that one can be free also from other things, which are commonly believed to be necessities without which the man's life is impossible.

Freedom from food automatically means freedom from, among others, buying food and associated articles, most illnesses, kitchen and toilet.

## ECONOMY

Think how much time, money and energy an average man spends on the following activities related to food.

1. First they work as a slave in order to make money.
2. How many hours a month do they spend on buying food with hard earned money?
3. Next they prepare the food for eating, so they cut, peel, cook, bake and fry it, etc.
4. Then they eat it with or without appetite, believing that man has to eat in order to live and there is no other way.
5. Having eaten they wash the dishes, cleans up and thinks about what to prepare for the next meal.
6. One is unwilling to work with a full stomach because the body has less energy, which was directed to digesting. This influences the mood disadvantageously. In this state watching TV, reading news papers or sleeping is preferably chosen.
7. A few times a day the body demands from them to excrete all the things that were eaten and drunk because otherwise the body would become poisoned to death.
8. When the body does not stand overloading it with food and poisons and becomes ill, people spend money and time on doctors and medicines instead healing the body by fasting.

How many times a day, a week, a year and in your entire life do you repeat the same thing? How much money and time are wasted? You would wonder if you have calculated it.

Regarding all these things, inedia saves a lot of money, time and energy. It is a big difference to live without food or to eat “normally”, as people

who have experienced non-eating feel. It is quite interesting to experience both life styles in order to compare these differences.

For some people it is important that inediates usually need less sleep so they can save time on it. Depending on an individual the time saved on sleeping ranges from one to six hours per night. However there are inediates who almost never sleep or others who sleep ten hours every night.

Beside the above factors, have you already calculated how much money an inediate can save for not buying kitchen equipment and cleansers, plus how much water and energy can be saved? Let me give you my example from time period when I was a non-eater in year 2002, I summed all above factors and got 800 PLN of saved money per month (the average salary was ~ 2000 PLN at that time).

Some people buy books and magazines about cuisine and diets (are they going to become more depended on food?) or self-healing and slimming down. Money spending of this kind is history for inediates.

Talking about these factors of saving money, time and energy it is easy to notice how much man made themselves dependent on food as well as on food and pharmaceutical industries. How much man is enslaved by them? How many people complain of this situation believing that there is no other way of living? Who knows that the freedom lies no farther then in their mind? At any time you can decide to change your life style and its circumstances.

## ECOLOGY

Practising inedia or non-eating I noticed that the amount of my rubbish decreased fivefold. 99% of the things that I continued throwing away were recyclable materials (paper, metal, plastic). Collecting and selling them I could make money, however I usually donate them to people collecting recyclables. Therefore I can say that when I practise inedia or non-eating I pollute nature approximately hundredfold less.

Really, is so much rubbish produced by man at home associated to food? Yes, it roughly looks like this. It is easy to see that most rubbish thrown away by a family consists of food package and meal leftovers.

Also, it would be an error to not calculate the global amount of faeces and urine which enter into the ground and water. Multiply what the statistical

Earth inhabitant excretes by six billion and add billions of kilograms of this matter coming from industrial breeding. How big is globally the daily produced mountain of faeces and urine?

One can fantasize in order to imagine paradise on Earth inhabited by ineditates only. Here are some details that show huge nature saving on this planet compared to our present Earth.

1. Average man throws away many-fold less garbage.
2. The industry uses many times less natural resources. Thanks to this the amounts of burned coal, oil and gas are many times smaller. Consequently smaller pollution of soil, air and water occurs.
3. There is no industrial breeding so nature is not destroyed by pasture, agricultural chemicals, hormones and antibiotics. Earth is free from billions of tons of animal excretions.
4. There is no industrial production of vegetables so Earth does not suffer of forest grubbing, soil impoverishment and huge amount of chemical fertilizers.
5. Production of paper, plastic, glass and metals is much smaller, which translates to slower depletion of natural resources, less trees cutting and less rubbish from packing.

Practising inedia or non-eating is associated with big nature saving – it is easy to imagine and experience this. So inedia or non-eating are highly ecological.

The above picture of Earth is just a fable for the time being. This fable tells about a paradise to be built in future. It is possible that this paradise will be built much earlier than some people are expecting now. The Consciousness sphere of average man on Earth expands faster these days, which also influences eating.

Bigger part of Earth industry is associated, more or less directly, with eating. One industry branch depends on other, a change in one branch causes changes in others. Along with diminishing of food industry the entire Earth civilization will be changing, sometimes revolutionary. There are only a few people who can imagine the result of this change, which is caused by freeing man from food.

## **LIFE ENERGY**

Most ineditates, compared to people eating “normally”, feel much more life

energy in themselves. It lets them keep higher physical and psychological activity for many hours a day without even feeling tired, like it happens to an artist under inspiration.

Higher level of life energy in intellectual sphere often manifests by higher creativity. In this state it is much easier for man to create, invent, teach, learn and work.

Many ineditates experience higher level of life energy (which is not used for digestion) as decreased need for sleep and rest. Some ineditates sleep a few hours a week only. An ineditate who after travelling for a few dozen of hours, takes a shower and without feeling tired starts working, this can be a good example of resistance to tiredness.

In periods of non-eating I experience myself that after ten hours of mental work with a computer (which sucks energy from man) my thinking power is as good as it is when I start the work. I only feel a little muscle stiffness so I think about doing more physical activity like, for example, swimming or jogging. In periods when I was eating “normally” I was tired and had conjunctivitis at midday, I had headache in the evening and my thinking was so inefficient that I made too many errors to continue working.

High level of life energy in ineditates is not an extraordinary phenomenon. The body uses up to 90% of its energy for digesting and eliminating, some people say that it uses up to 99%. Ineditate's body does not digest, this is where the surplus of usable energy comes from. Thinking mathematically one could say that an ineditate has up to nine times more energy compared to the time when they eat “normally”. If man has not experienced this difference on their own body, it is difficult for him/her to believe and comprehend it. What has happened to the divine being called man, who has made their body a digesting and eliminating machine?

It is easy to experience the fact that the more the human eats, the weaker they become. Having eaten a large meal, are you willing to work? Do you feel energized or weaker? Many people notice that the more they eat, the weaker and lazier they become. This common saying: “eat to be strong” is actually opposite to what people experience.

It happens like this because the more food falls into the stomach, the more work the body has to do which means the more life energy is used for digestion and elimination. Eating something may take just a few minutes but digesting and eliminating it takes a few dozen of hours. When the body cannot stand the overload, the body starts to function unwell that is, it

becomes fat, gets ill, ages and finally dies. This is why fasting is one of the most efficient healing methods widely known on Earth.

This is a new, true saying: Eat less in order to have more life energy, more creativity and cleaner body, then most of common illnesses making people suffer will not harm you. Of course, limiting food intake below the level of the RNB also is harming because it weakens and deprives the human of energy. Body and mind function best when the RNB is followed.

## CREATIVITY

It is a common knowledge that the acts of working, studying or thinking are less efficient with a “full stomach”. Having eaten a heavy dinner one is less willing to think creatively or study. They fall asleep if they are not physically active. Digesting eaten food takes proportionally most energy from body.

When body is not digesting the human can use the spare life energy for other activities. Mind and body are so closely connected that they create a union, thus they affect each other. The cleaner and less loaded with food is the physical body, the easier, clearer, faster and more creative is the thinking. Even fasting people enjoy lightness of thinking after they have gone through initial body and mind cleansing. The majority of ineditates enjoy permanent lightness of their mind.

When the activity of digestive and cleansing systems stops the human has several times more energy, which then naturally flows to higher realms called mental, spiritual or psychical. Pituitary and pineal glands become much more active, the senses widen their perception range and thus man finds more interesting things in spiritual area of life. This is why more new ideas appear in the mind and the thinking occurs more efficiently. One feels like man whose mind was cleared of fog, dark mist or mud which covered it before. Then man sees mental world much clearer and lighter.

The above things make the ineditate's creative will bigger. This may manifest as writing, painting, composing, founding an organization, giving seminars or lectures, doing research and so on.

My story can serve as an example. From the beginning of my inedia or non-eating I was clearly feeling much increased psychical activity and spiritual sensitiveness. In any moment of day or night I could start to write or speak about any subject and, what I felt, to do it endlessly. The topics were



appearing in my mind, so many that I could compose a brochure containing only the subject titles. Sometimes I wondered that I know so much about subjects in which I previously considered me a laymen. I realized many things of what I call knowledge, because my perceiving from the intuition was much more effective; it was enough to turn my attention to a subject. Having returned to “normal eating” (after almost 2 years without food) I noticed that my mind lightness and creative will decreased (the mind become slightly clogged), although they were and still are more intense than before I started the non-eating period.

## **SPIRITUAL GROWTH**

A long time ago man noticed that there is a dependency between decreasing food intake (e.g. fasting) and so-called spiritual growth. This dependency is so important that it is being emphasized by many teachings, religions, beliefs and schools whose purpose is spiritual growth of man. Restraining periodically from food is often practised by many people who are on a path of spiritual growth.

This dependency is clearly felt by fasting people. Its mechanism can be easily understood by people who know that eating is a factor that weighs down man to the ground, I have described it before. Some people decide to practise inedia or non-eating so that they can permanently dwell in “high vibrations”.

Inedia or non-eating are one of many possible stages on the path of conscious spiritual growth. I have mentioned that linked things affect each other and that body and mind are unity. So decreasing activity in the physical area (mainly digesting and elimination) will enable more life energy to be used in the spiritual area. During fasting and inedia or non-eating the spiritual activity increases because life energy naturally flows into this area. Thus it can be used for personal spiritual growth.

Neither inedia nor fasting is necessary on the path of spiritual growth, however many people consider experiencing them a significant help. Biography of many so-called “spiritual masters” include fasting (also dry) or long periods of significant decrease in eating performed in order to attain specific goals in the spiritual sphere. Many of them eat just for social reason, not for the need to feed their body.

Food is the strongest material link that connects man to matter. When this connection is broken (when eating has lost its significance, when food has

fulfilled its task), many other material dependencies automatically break. “Earthly concerns” which have been important until now (games, news in the mass media, disputes and many other), become unimportant and daily life becomes simpler, easier, happier and more tranquil. Man more often and with stronger intensity directs their activity into their inner world, to IAM, to God, thus they become less influenced by the social suggestion. Man become a sun.

During this time, doing energizing exercises is easier and gives more pleasure because man better feels energy. Concentration, contemplation, visualization and other mind exercises are better performed, intended results are achieved sooner and easier. Also silencing the mind is done easier, which brings the point of entering into meditation closer. It is easier to see Light and feel Love which you are source of.

If you can see the aura you will notice that it glares around man living without food. It has symmetric shape, the aura pulsates life and, describing briefly, is beautiful. The energetic centres called chakras look similarly. If before starting inedia or non-eating there were any dirty areas or disorders in the aura, caused by e.g. alcohol, meat, cigarettes or drugs (including coffee, tea, sugar), they completely disappear.

## REJUVENATION

If mind activity is not considered then it can be said that the main causes of human body biological ageing are contamination by toxins, fat excess and low energy level. Many people practising inedia or non-eating or sufficiently long fasting feel their bodies rejuvenate. This is the main reason why some people decide to start inedia or non-eating.

The process of biological age reversion caused by fasting or inedia is a known phenomenon, which is proven not only by body appearance but also by results of clinical research. Evelyn Levy, who underwent thyroid examination after she started inedia or non-eating in 1999, can be an example. The result of the examination suggested that the thyroid belonged to man 15 years of age while Evelyn was 38 at that time.

To make sure that you understand me well, let me emphasize that long fasting or inedia or non-eating do not guarantee the age reversion in every man. Forcing the body to live without food longer than it needs, causes the opposite result – the ageing process clearly accelerates.

When your RNB corresponds with complete lack of the need to eat, the biological body age reverses to the limit defined by your mind, because in this case toxins, fat excess and low level of life energy do not accelerate the ageing process. In every other case forcing body to fast (called: starving) results in harm, which visually manifests in body rapidly changing to looking old.

Immortal man, that is one who knows how to keep their body in good condition as long as they decide, can live completely without food. Of course, this does not mean that every immortal is an inmediate or the contrary.

## **CURIOSITY**

Among many reasons why people decide to start inedia or non-eating there is also curiosity. “How is it to live completely without food for many weeks, months or longer?” – people may ask themselves this. “If I do not try this, I will never know, because only my own experience gives me knowledge. Other people experiences can give information, not knowledge.” This is what man can think, who is so interested in this topic that they decide to experience inedia or non-eating.

For example, for me the curiosity of experiencing something is one of the main reasons why since I was sixteen I have been experiencing with diets, fasting, living without food, obesity, slimming, emaciation, illnesses, (self)healing, ageing and rejuvenation. Results of these experiments are side effects of my curiosity. Thanks to this I am building and remembering my knowledge. I am using this knowledge to write this book and advise people who ask.

It is worth remembering that doing experiments on yourself can harm the body or mind. This can cause illnesses or even death. Some experimenting people reach a place where harm done to the body or psyche is so serious that reversing it seems impossible. This is why I advice you not to follow me or other people who do similar experiments.

# PREPARATION FOR A CHANGE OF YOUR LIFE STYLE

Approximately 90% of life of man on Earth is about eating. Of course, this is not only about sitting at a table and chewing food – what I mean is all things related to eating.

Now, imagine that when you give up food and become an inediate, you immediately lose the 90% of life related to eating. Do you know what this means? If you are living alone far from people, this may be a small change for you. But if you actively operate in the system, in the society, this may be a revolution for you. You suddenly face situations which you never expected.

This is what may happen – some examples taken from life of those who gave up eating, depending on the society in which they were living. There are some differences between the western world and eastern cultures.

Death.

Illnesses.

Loss of job.

Rejected by children.

Doctors assisted by policemen came and took them to a hospital.

Family members, especially hopeless parents, accused and attacked them.

Acquaintances and friends considered them mentally ill, thus they left and sometimes became enemies.

Strangers, who got false information from the mass media, attacked them.

They met new, “wonderful” people.

They changed their professional carrier, which was judged by people as scarifying for others.

They were considered “masters”, “gurus”, “sages” etc.

The mass media become interested.

They fell in love with humans and animals – a diametrical change in perceiving the world.

Of course, if that happened to others, it does not mean that this will happen to you. However, it is worth to be aware of possible changes.

Are you ready for such possible changes? Do you know how to find a remedy if you do not want to accept them?

Have you ever noticed how often man makes a decision while having no

idea about what awaits him/her in form of the end result? Man not only does not know the result, they also does not know what is the **real** reason for their decision is. Man decides something under an influence of emotional stimulus, in other words (comparing) they act as a machine which was made to function by just pressing a button. I am describing here a case of a decision not fully considered and taken under the influence of the society suggestion.

Every change of life style reflects itself on man. Every change which man makes in their physical or psychical spheres reflects itself in their life style. When man starts inedia or non-eating, the changes in their life may be felt so strongly that their results become unbearable. The behaviour of the non-eater, their relations with people, objects, places and situations as well as their attitude to everything become very different, some are even opposite to the previous ones.

If you are going to start inedia or non-eating or experience long fasts, it is worthwhile for you to deeply consider (in order to anticipate any possible disadvantages) and make yourself conscious about what is the real reason of this decision. Consider if you are ready (mainly psychically) for different circumstances awaiting, because they will change your interpersonal relations.

The personal survey and analysis technique called WSW described below may help you to find out what the real reason of your decision is and what may be the outcome. These techniques are useful for making various decisions, not only those related to non-eating or fasting. If you are using the techniques when making decisions, you will notice big favourable changes in your life. One of the things that you may notice is that you become more and more free, because you will be less and less influenced by the society suggestion.

## PERSONAL SURVEY

Before you decide to adapt your body to living without food, it is worth asking yourself sincerely the following questions. Before answering any of these questions remain calm in silence in order to better feel the true internal answer.

In this case it is more advantageous to tune to answers coming from the intuition. Answers and the excuses found by the intellect have less importance. Either way it is not worth cheating or making excuses for yourself, because the true picture of the matter consists of facts only and of what you feel.

Consider doing the personal survey with the WSW analysis so that you will have the fullest picture of yourself in relation to the decisions made. The full analysis may take anywhere between a few hours to a few months.

So sincerely answer to yourself:

1. Why do I want to start inedia or non-eating? What is my main and the deepest held goal?
2. Will my hitherto conducted life style be an obstacle?
3. Am I prepared for the big changes which will occur in my relationship with my family members, friends, colleagues and other people? Can I foresee what kind of changes will take place?
4. Does the state of my psychical health allow me to do this?
5. Does the path of my spiritual growth include inedia or non-eating?
6. Do I really know that I can and I know how to do this?
7. If problems arise whom will I ask for advice?
8. Have I talked it through with my close relatives, so that I know their true opinion about my decision?
9. Am I afraid? Of what?
10. Am I fully aware that the adaptation to inedia or non-eating is mostly a spiritual rather than physical process?
11. Am I under an influence of the society suggestion and thus somehow forcing myself?
12. Actually, what for do I want this?

## Why? So What? **ANALYSIS**

The main purpose of the “Why? So What?” analysis is to realize the true reason of a decision that man makes. WSW can be called a psychological method of intellectual analysis, during which man makes themselves more self-aware in relation to the question asked. The final result is that man realizes the primary true reason of the decision.

This analysis works best when done by and on yourself, because sincerity is the basis of finding the final right answer (success). If somebody is sincere with you as much as with themselves, you can do the analysis for this man (and vice versa).

It is best to make the WSW analysis on paper. You can get yourself a big (e.g. A0 format) piece of paper and write the question in the upper left corner.

Now, answer the question. Write down all the answers that may appear. You can draw arrows, from the question to the answers, so that you can better visually understand the course of your thinking.

Then, for every answer you give, make a question starting with the word “why”. Having answered to one of the why-questions, continue asking “why ...”. Carry on like this until you run out of answers. When you do not find a logical answer to the question “Why ...”, ask yourself: “So what?”.

Having asked yourself “So what?”, do not answer intellectually, instead tune yourself to receiving the answer through your feelings. Be mentally passive, do not do any thinking; then feelings, emotions or pictures may appear as the answer.

The instinct and intuition are best perceived when the intellect is passive, that is when it does not create thoughts and is not tuned to receiving stimuli from the senses. When the intuition or instinct answer telepathically through feelings, emotions or pictures, then the answer is the fullest.

The picture you have made with the questions and answers written on the paper may be similar to a tree. Instead of drawing this picture you can use one sheet of paper for a group of answers or one sheet for all answers to only one question.

In Polish the question “So what?” (*No i co z tego?*) contains the truest intellectual answer: nothing (*Nic*). If you do the WSW analysis you will find

this answer at the end of it.

Here is an example of the WSW analysis.

---

### **I HAVE DECIDED TO LOSE SOME WEIGHT**

Why have I decided this?

answer. 1.

- So that people like me more.
- Why do I want people to like me more?
- When people let me know that they like me, I feel better.
  - Why do I expect (need) somebody's favourable opinion about myself?
  - People's judgement of me determines how I feel.
    - Why does my mood depend on somebody's judgement?
    - My self-esteem is not strong enough.
      - Why do I have such a low self esteem?
      - ... and so on.

answer. 2.

- So that X will see me as more attractive and he will like me.
- Why do I care if X likes me?
- Because I love him.
  - So what?
  - ... and so on.

answer. 3.

- So that my body fitness improves.
- Why do I want my body fitness to improve?
- Because then I feel better and am more attractive.
  - Why do I want to be more attractive?
  - Because then people will like me more.
    - Why do I want others to like me more?
    - Actually I care more about X, if he feels more attracted to me.
      - Why do I care about X?
      - ... and so on.

answer. 4.

- So that I can save money on food.
- Why do I want to save money on food?
- I think I have too little money.
  - Why do I want to have more money?
  - It makes me feel more secure.
    - Why do I feel financially insecure?
    - I am afraid that one day I will have no money for living.
      - So what?
      - Then I will live in poverty?
        - So what? ... and so on.



## **FAMILY MEMBERS**

Family members that you daily live with in the same house are the people who have the biggest influence on your life (and you on them – reciprocal society suggestion). Their attitude may help you or make it from difficult to impossible for you to proceed with the preparation for inedia or non-eating. It is worth to consider their opinion and possible behaviour concerning your decision to change the life style.

At the beginning your main task will be to explain to them what you will be doing and why. Their co-operation will be beneficial for you, hence the better they understand you, the less obstacles will be created by them.

It is worth that you be aware of the fact that becoming an inedia may cause many changes in your attitude and understanding of the matters of this world. At the beginning this may worsen your relationship with your kin and friends. In the extreme case, if the desire to understand one another is insufficient, isolation from the family members, or divorce may happen.

The energy and emanation of your bodies will change significantly. This may cause disharmony (dissonance) between you and your spouse, children, parents and other family members. If they do not understand you and do not support you (because they have chosen another path to growth), it is almost certain (as a rule with exceptions) that unpleasant situations will occur among you all. In such situations the disharmony becomes unbearable because fear, irritation, hate, anger and similar unpleasantness occur.

Instead of this, the opposite may happen, the energy of your bodies will make the people, who live with you, feel that they grow spiritually. This is called “raising the vibrations of other people”. As a result they will become more interested in the non-material side of life. It may change their attitude toward eating.

If however, despite the objections expressed by the family members you will decide to begin the adaptation to inedia or non-eating or long fasting, a better solution would be removing yourself from them for a while. You can live in another place for a month or so or you can send the family members on vacation so that you will be at home alone.

It is worthwhile remembering that support or obstructions from family members is often the crucial factor in whether the decision is accomplished

or whether man fails or not. This is why, in case of non-supporting attitude from the family members, it is worth to consider deeply whether to begin at all.

## **COLLEAGUES**

Most of the above written about family members is also valid for colleagues. Working in the same place often and for a long time creates special family-like relationship between people.

Even if you have made them believe your story of why you have given up the lunch break, which you all used to eating together, then for how long are you going to hide the truth? Is cheating them worth it? Your look and behaviour will change so sooner or later they will find out.

Depending on your relationship with the colleagues, you may become the focus of their admiration, imitation or envy, jokes, hatred. So before you begin try to imagine how they can react. Anticipating their reactions will allow you to plan in advance how you will respond, or you may decide whether to give up the idea about inedia or non-eating, at least for some time.

Your imagination, thanks to which you will be able to foresee possible reactions of the colleagues and superiors in your workplace, may help you avoid undesired situations. An example of such situation may be losing your job because your superiors may suspect that you have become mentally ill or a member of a dangerous sect.

Therefore how things develop will depend on your behaviour, the type and place of your work, reactions of your colleagues. For you these may be favourable, insignificant or devastating. When you can foresee these events and people's reactions, you can prepare yourself for the change, modify the or give it up.

## **FRIENDS**

Your acquaintances and friends belong to those people whose behaviour you may want to consider, because the change of the life style will influence the relationship between you. The more food is involved in your meetings, the bigger the changes will be.

If you are used to meeting over a table full of food, then your non-eating state will be noticed soon. Imagine what will be their reaction to your new life style. They may support you, they may also get involved or they may break the contact with you. So you may lose your friends (which, of course, will prove that they were not really your friends).

## **ADDICTIONS**

If you know that you can live without any food, then you are probably free of addictions to sugar, salt, nicotine, alcohol, drugs, overeating etc. But if they continue to tie you down, it means that you are not ready yet. It does not mean that you cannot try or that you will not be successful.

Addictions do not make fasting or non-eating impossible although they usually become quite an obstacle on the way. It is a fact that thanks to fasting or even attempting to start inedia or non-eating man may succeed to free themselves of addictions. Heal fasting is one of the most efficient methods to free man from an addiction especially if it concerns food.

In case of non-eating statistics show that man with an addiction (even if they can fast for a long time) has not attained the ability for inedia or non-eating without damaging the body. The existing addiction proves that the sphere of the Consciousness in which man lives is not expanded enough. It results in one's inability to make the right changes in the programs of the instinct, which are necessary for inedia or non-eating. If despite the existing addiction man keeps the mind and body working properly during inedia or non-eating, this man is an exception to the statistical rule.

Man tied down with an addiction needs to consider freeing themselves from the addiction as the first step towards attaining inedia or non-eating. First of all this is about working with emotions. Later the liberation from the need to feed the body comes.

Addictions are a complex topic for a separate book. Here I emphasize just one thing that an addiction is a program (that is automatically functioning mechanism) in the instinct, which enslaves man for as long as man allows the program to function.

## HABITS

A habit can be distinguished from the addiction by the emotional reaction of man. When man gives up the habit (stops the habitual action), no emotions arise in him/her because of this (most often it is about the unpleasant ones, which are based on fear). Self-liberating from an addiction is difficult and often causes unpleasant emotional reactions, but giving up a habit is not felt as something difficult and unpleasant.

During the adaptation for inedia or non-eating some of the habits are stopped or changed, especially those related to eating. For example, if every morning you buy food and then eat the breakfast with the family, be aware, because you may want to give this habit up. Think how the family members will react and how you will feel about this. Will you first talk to them about this?

Perhaps you have other habits, so it is worth to think whether changing or stopping them will influence your life (consider at least the social relations). Some examples of habits include meeting with friends in a bar, eating dinner with clients, picnicking, fishing, stockpiling, buying food every Friday in a supermarket or baking cakes for holidays. When you give up all these habits, how will this affect your family life, time planning and comfort?

In addition, new habits may arise because, for example, you may find more “free time”, which previously was used for eating matters. Probably you will not want to prepare food, sit at the table with others when they eat and to wash dishes like before. How will you use the time? Will a new habit be born?

The fact that your habits will be changed is not usually a sufficient reason for giving up long fasts or initiating inedia or non-eating. On the other hand, it is worth considering what changes may occur in your life and whether disappearance of habitual actions from your life will prove advantageous. How far can I go and how much will I move in the direction of these changes?

## DIET

This is about the diet man had just before starting to make him/herself independent from food. Looking at and explaining it from a different angle – the ability of non-eating is a result of the aggregated increase in frequency

of human bodies. This is why what you eat just before starting non-eating may either ease or harden the adaptation process.

In general it can be said that the so-called “low-vibration-food” (e.g. fried, smoked, grilled or containing a lot of chemicals) put the starting man in a harder position on the way to high vibrations. On the other hand, the so-called “high-vibration-food” (such as whole raw fruits without toxins) gives much stronger position. So depending on man, the material side of starting inedia or non-eating may be easy, more difficult or turn out impossible.

The human body does not usually like sudden or big changes. When changes are very small, the body does not feel them. This also goes for the diet of man endeavouring inedia or non-eating. For the body it is more advantageous if the change to zero-food-diet is occurring slowly enough, so that the body does not feel the change as unpleasant.

One of the most frequent “problems”, arising particularly at the beginning of inedia or non-eating, is the taste. The non-eater is not putting anything into the body and so has no way of tasting any food. For some people this becomes as tiresome as a bad dream. This is why it is worth to first consider the matter and ask yourself this question: How big a problem would it be for me, not to be able to enjoy the taste of food.

## VISUALIZATION

The instinct builds the human body, keeps it working, controls the data (e.g. eaten food, memory), reacts to psychical and physical stimuli, and so on. Any activity of the instinct manifests itself as a result of a program's work.

I have mentioned before that the programs can be modified. If I do not like a function or reaction to a stimulus, I may decide to make modifications. The purpose of making changes (modification, removal or building of a program) in the instinct is to achieve the planned outcome of the instinct's activity.

If I decide that my body will react in a specific way to, e.g. heat, darkness, wounds, food – I can achieve it by reprogramming the instinct. By “reprogramming the instinct” I mean any modification, removal or insertion of at least one program in the instinct.

Firstly, it is worth to remember that the instinct requires loving care. This loving care is exercised mainly by, as it says, loving the instinct. The more

you love your instinct, the better it serves you. You can treat the instinct as if it was your beloved child or pet.

The beliefs (i.e. data containing stored pictures) and programs of the instinct create the needs of the body and its reactions to situations. Man's habits are manifestations of pictures and programs built in the instinct concerning a particular thing.

Man who knows how to reprogram the instinct (that is, to nurture it properly) is able to change any outcome of the instinct's action. This also goes for the needs of the body regarding its nourishment.

So when you are spiritually ready to make yourself independent of eating, the final thing to do is to reprogram the instinct in the field of the relation between eating and the body. Depending on your reprogramming skills, it may require from you any amount of time from one second (or even shorter) to several decades (or even longer).

Visualization is one of the simplest and most efficient methods used for reprogramming the instinct. It is a conscious action which brings planned changes in the work of the body and in the life circumstances.

If you want to make the body ill or healthy, make yourself rich or poor, if you want to materialize or de-materialize things, develop certain ability in yourself etc., you can use this visualization. If this visualization was compared to programming and you were compared to the programmer, then life is a game which you are writing according to your preferences.

For the visualization to be effective (that is, the result of the reprogramming is noticeable), the right picture (film) has to be created and saturated with energy.

The following five conditions, which need to be fulfilled, describe the details:

1. A clear, realistic and vivid picture or film, in which details are perceived by all the senses.
2. The achieved result, in the present time.
3. Feeling the state of the result being achieved.
4. Knowing that this is the reality.
5. The energy accompanying Love.

Re.1

First and foremost, know what you want, that is the final result that you have decided to achieve. See all the details of the thing that you have

decided and which is going to be produced as the result of the visualization. Create a picture in which the senses also work. The more senses take part in the picture, the more realistic and vivid the picture is – the easier it is to accomplish the visualization.

For example, if the result of the visualization is to have your own house, imagine yourself living in this house with your family. See all of you speaking (the sense of hearing) near the house and how you invite friends to visit it etc. Let the smell of the freshly painted walls, flowers of the garden, be around there (the sense of smell). You can also taste a freshly prepared drink in the kitchen (the sense of taste). Outside the house you feel the nice warmth of the afternoon Sun. Such a picture becomes a film in your imagination.

Create only those details in the picture, which are important for you. The rest of the details will be created accordingly, so you do not need to care. For example, if the location and the shape of the house are important to you, then clearly create these details in the picture. But if the number of the windows and the colours of the walls are not so important to you, do not create them at all in the picture.

Do not include the way of achieving the final result (unless it is the way that interests you most or even is the final result) in the picture that you are creating. The picture itself, that is the final result of the visualization, is important, not the way of achieving it. If you are creating in the picture a way of achieving the final result, you are limiting yourself by this way. There are other ways that you are not aware of, which are more efficient, easier and advantageous etc. So you would be better off creating the final result in your imagination and not thinking about the ways of achieving it.

For example, if you have decided to heal your body, then see yourself happy and completely healthy. Do not imagine any method to heal yourself. IAM has much more efficient methods, compared to what the intellect is able to imagine.

## Re.2

The result presented in the picture created in your imagination has to exist in the present time. If in the imagination you say, for instance, “will” have, become, receive, buy, become or other “will” (using the future tense) – it will become a fact. Therefore, today it “will” be to be attained, tomorrow it “will” be to be attained, after a year it still “will” be to be attained, after twenty years nothing will be changed because it still “will” be to be attained ... So till when “will it”, “will be”?

The visualization gives you what you have created. Since you have created “it will” (future happening), you will always have the thing in the future, never “having done” it. In other words, the result of the visualization will never be attained in the present time. Since you are living in the present, always, you will never receive what you visualize to be realized in the future.

### Re.3

The picture created in the imagination has to present the result already realized, the goal already attained. For you it is already the present reality. As for the above example – you see and feel yourself in the house as realistically as if you were living in it. You **are** living, sleeping, working, resting in the house – you treat everything as really existing, occurring in **the present time**.

The instinct is not very good at dealing with the illusion of the intellect called “time”, it does not know what time is. It understands and reacts as a small child. If you tell the child “today”, “tomorrow”, “after one week”, they will not distinguish the significant difference, because their intellect has not learned to create time.

This is one of the main reasons why the picture has to present the desired state as already materialized. You are already now seeing and feeling it as the real state of the matter.

### Re.4

Do you know what is the difference between “to know” (knowledge) and “to believe” (belief)? I have already mentioned this. Well, when you know something, you do not believe it. When you believe something, you also doubt it, because you just do not know it.

Not clear? Let me ask you. Do you know or do you believe that you are reading this book? What is your answer? “I know that I am reading.” or “I believe that I am reading.” Do you now comprehend the difference?

Looking for advices about how to do visualization, one can find information that says “you have to strongly believe”, because “the believing moves mountains”. Well, no matter how strong you believe something, at the same time you also doubt it. But when you know, you have no doubts.

Another example. If somebody now called you and asked what you were doing. You, according to the fact, may answer that you are reading a book.



You know it, but the other party may only believe you. they can believe what you said 99.99%, not 100%. If the other party could see you now, they would be able to say: “know”.

The visualization requires you **to know** that the picture in your imagination presents the already materialized reality in the present time.

You may doubt if you are able to know. In such a case you think that you are able to only believe strongly. Well, then believe it. It is more advantageous than doing nothing or moving it to the future.

By the way, have you seen man materializing an object (e.g. an apple on their outstretched hand)? You have seen an example of visualization, in which man already knew that the object was there.

Re.5

Without sufficient amount of energy the visualization will not produce result. The amount of the required energy is not as big as results from the  $e=mc^2$  formula, because the thing does not concern this formula. Therefore, when I talk about the energy here I relate less to the known definition stating that the energy is a potential capable of performing work. What I mean by “energy” is the thing that man feels under the influence of an emotion. An emotion is a reaction of the instinct (so it is a program), occurring when energy is suddenly released or blocked.

Do you recall any past moment, when you were “hair-raising” frightened and your heart almost “jumped out”? Then recall the energy which captured you at that moment. Also recall the energy which stirred you, when you were feeling the strongest love affection of your life. Now you probably know what I am referring to, when I say that the visualization needs “energy”.

So you have the **picture** ready, which is totally **real** and exists in the **present time**. You also **know** that the picture represents your **present reality**. Now you only need the **energy**, in order to manifest the picture in the (material) world.

So now allow yourself to feel the most powerful energy, the one appearing when emotions accompanying Love arise. First allow Love to manifest itself through you. Just let this happen by itself. You need to do nothing except allowing, because you are the source of Love.

In the visualization the picture can be compared to a seed put in the soil. The energy arising with the emotions is compared to the Sun and water.

The seed without water and Sun would never grow into the plant.

How to do it practically? First concentrate on yourself and relax. Allow Love to manifest itself through you (the mind and body). When you are feeling the rising energy accompanying Love, bring the picture (with all the attributes as described above) into your imagination (mind). At this moment the more Love manifests itself through you, the more efficient (earlier, easier) the visualization produces the result.

The efficiency of visualization mainly depends on two factors: picture and energy. The picture in your imagination has to be as alive as if you really saw it in front of your eyes. The picture has to show the final result which you have decided to materialize from the imagination into the reality. Better imagine the final result as already achieved rather than imagining methods of the picture realization. In this way you do not limit yourself about methods of achieving the final goal.

Positive emotions have to accompany the picture, because thanks to them, you emanate energy, which is so important for the realization of the picture.

The picture has to be powered by energy so that it can be realised, this is as important as water for a seed thrown into the soil, so that a plant can grow. Sowed seeds must be regularly watered, the same is with the decided picture, it has to be powered with energy regularly. Create positive emotions when you are imagining a picture being the goal of your visualization. Emanate joy and Love. Emotionally go deeply through it and see it as achieved already.

Visualization is a powerful means to realize goals. If you are using it properly, according to the above description, matters will be turning out in direction of the goal. How far and when the picture will be realized is defined by energy which you emanate into the picture in your imagination, that is, the result depends on your emotional engagement.

Man is constantly visualizing, even when asleep. You see in dreams that visualization is realized much faster, almost instantly. Often it is enough to start thinking only. Dreams occur in the world which is much less dense than our daily material life, therefore much less energy is needed over there to realize a picture.

Man almost always visualizes unintentionally. Man visualizes without being aware of it, and they also do not see that their life is a result of their visualization.

I sometimes meet people who are complaining about their life. I see a lot of fear and negative emotions in their perception of the world. Those people suffer due to their own desire, although they are not aware of it. Most often unpleasant situations are happening to them, thus causing suffering.

Those people have used visualization technique very well. Some of them are real masters in this, but they do this unintentionally. Having negative picture in the imagination, they evoke emotions associated with fear, anger and hatred. Therefore, what can be the result of their visualization?

It is worth to be aware that instinct has no idea about what is a joke and what is seriousness. So, when you are talking jokingly about yourself in a negative way and you emanate emotions at the same time, you are doing visualization, which is going to be realized.

You probably met people, who jokingly were saying sentences like: “I am old”, “stupid me”, “I am blind”, “I cannot afford it”, “I am too poor for this” and other negative expressions. When you look at life of those people, you see that they are judging it as not happy. They encounter many “bad lucks”. By now you probably know that all of this is happening according to their own desire – after all, they are visualizing this all for themselves. Therefore, it is worth to talk about yourself positively even when joking. Instinct, which brings pictures from the imagination into the daily material reality, does not distinguish between a joke and seriousness. It always realizes your visualization, whether it is done consciously or not.

Those, who really stand behind education systems and mass media, know about this. They know very well the power of suggestion and visualization. They use this knowledge to manipulate people. They instil in people the notion that people are something less than perfect beings. They promote violence, anger, hatred, and death in TV or computer games. This all arouses negative emotions in people. Negative pictures connected with negative emotions direct people to field of suffering and make them see themselves as less worth beings.

You are already a perfect being, regardless of what you do. Every being is perfect, although they may see and experience the world differently. Do not allow anybody to instil in you the notion that you are something less than a perfect being. You can freely reject those suggestions contained in education and mass media, which suggest negativism or that you are small, poor, or that you have to serve and work. If you follow such education, you will still be a slave.

Knowing that man is constantly visualizing, you can use this to your advantage. You can see yourself as a perfect being, because in your essence you are one. Even if you consider yourself as an imperfect being, and others instil in you such a picture, the fact is that you are already perfect regardless of any opinion.

I suggest, imagine and feel yourself naturally emanating joy. Keep this picture in your imagination. This is the most advantageous picture that one can imagine and keep in mind, unless they choose suffering. Here is a description of an example picture – you can create another.

*I ..(your name).. feel joy naturally and without a reason. I am joyful. Joy.*

*I ..(your name).. am always filled with joy. Joy is in me.*

*Joy is emanating from me, so everybody around me feels Love.*

Of course, this description of a picture is just one of five elements of visualization, which you have read about. So, combine the picture with the remaining elements so that the visualization will be efficient. Thanks to this, you will become a joyous man. The other things will follow in order to support your joyfulness. The entire universe, everything will be arranging itself so that your picture will be realized.

Scientific confirmation of visualization is found in results of observations of structures which creates frozen water. Water is known to be able to create many structures depending on factors imposing on it. Molecules of water are arranged in specific structures depending on, e.g. words, thoughts, feelings and emotions of people.

Search for “Masaru Emoto” and his “Messages from Water” on the Internet – see, what big influence on water everything that man says, write, thinks and feels has. See, how beautifully, brightly and orderly water looks when somebody says words like “love”, “thank you”, etc. in its presence; and how disgusting water looks when words like “I hate you”, “I will kill you”, etc. are said.

Human body consists mostly of water, especially in the brain. Then, what you think, say and feel creates immediate and direct physical reflection in the body, especially in the nerve system, which programs your body. What do you want it to look like?

## CONTEMPLATION OF PASSIVENESS

Contemplation (sometimes erroneously called meditation) is a kind of mental exercise in which the whole intellect and all the senses are concentrated on a specific concept. The concept can be a material thing (e.g. picture, man, scenery), an idea (Love, Light, trust or mind) or nothing (contemplation without an object).

During the contemplation the intellect maintains:

1. its own focus on the subject;
2. the level of the perceiving.

Contemplation is one of many spiritual (that is, strengthening the spirit) exercises widening the sphere of the Consciousness in which man lives. Thanks to the contemplation, among other things, expansion beyond the sphere of the intellect happens. This comprehensively develops man and makes them feel the growth on the path of their spiritual development. As a result problems disappear, body illnesses are eliminated, knowledge manifests itself giving more possibilities and power to contemplating man.

“The simplest solutions are the most efficient ones” – I often say this. The contemplation of passiveness confirms this statement because it is very simple, easy and efficient. Without any preparation every man, who understands the instruction, is able to contemplate. The contemplation influences the mind of exercising children in a very positive way. If a child (as young as two years of age) understands how to do it, it is worth to encourage him/her to exercise. The intellectual, spiritual and physical growth of a child using the contemplation of passiveness is much broader.

The contemplation of passiveness is advantageous and useful for every man on their path to spiritual development. Being a member of a religious or philosophical organization, of a social group or similar formations is not an obstacle to practising the contemplation of passiveness. Thanks to the contemplation the practising man is getting to know more and more about him/herself, so any such membership also receives benefits.

The contemplation of passiveness individualizes itself, that is, it gives the practising man what they needs on the path to the spiritual development. As man grows (their sphere of the Consciousness expands), the contemplation modifies itself in order to serve them the best. The modification is happening naturally and automatically in a way produces results best suited to the needs of exercising man. That's why this mental exercise is powerful from the beginning.

Because it individualizes itself to man, the course and the results of the contemplation are different in case of every exercising man. Therefore, it does not make much sense to compare the course and achievements of your contemplation with those of other people, unless for learning purpose or curiosity only.

How to make the contemplation of passiveness is described herein.

Sit down in a comfortable position with the spine naturally erect. You may sit on a chair, with the feet on the floor and the knees at right angle; on the floor with the legs crossed; or (if you already have mastered it) on the floor with the feet put on the thighs. The important thing is that you should be in a position, which will allow you to contemplate for a few tens of minutes without feeling any discomfort.

The lying position is also suitable for this exercise, if you prefer it. But then it is easier to fall asleep. If you choose to lie down, you had better not lie on your side, it is better to lie on the back, without any pillow, with your hands and legs spread apart. Similarly in this position nothing should cause discomfort to the body.

This exercise contains in its name the most essential instruction – passiveness. The intellect has to be passive, that is, not to think, but not to fall asleep either.

The intellect of ordinary man, when not sleeping, usually is in the state of activity (thinking, creating, solving etc.). During this state the thinking, perceiving the stimuli and its automatic interpreting happens. Man's intellect can also sleep, that is, to be kind of switched off. These two states take almost all of the intellect's waking time.

There is a third state, into which the intellect seldom enters – the state of total passiveness. In this state the intellect is not active, that is, it does not think and does not accept any sensory stimuli. Such a state occurs, and last for a few seconds, at the border line between the daily consciousness and dream. Maybe you can recall what occurs when you are awakening. On the one hand you find yourself still dreaming, and on the other hand you know that, although it is still a dream, you are awakening because the daily consciousness is appearing. This state of mind is similar to the passiveness of the intellect.

To generate and to maintain the state of total passiveness of the intellect

seems to be difficult at first and so it requires exercising. Average man will say that this is impossible because one “either thinks or falls asleep”. It is a fact that for a beginner, an attempt to make the intellect passive will most often causes him/her to fall asleep, especially when man lies down. But since “practice makes master” man exercising regularly achieves the goal.

Close your eyes and concentrate on the thoughts appearing in the mind. But – this is the most important thing in this exercise – do not follow the thoughts and do not create them. Do not think at all, focus on not thinking (but do not think this). In the intellect be completely passive. Be a totally indifferent observer of the flowing thoughts and all the stimuli reaching the senses.

Whenever you notice that you are following a thought (you are thinking), leave it instantly and restore the passiveness. With the complete passiveness only look at the appearing and disappearing thoughts (with zero interest). This action can be compared to the vacant looking at a river flow. You know that the water is flowing, because you are looking at it, but it does not interests you at all.

At the beginning, when you start to do the contemplation of passiveness, you may notice many times that you can make the intellect passive for a few seconds. Then you notice that you follow a thought, as if it was pulling you. Later, as you continue exercising, the time without paying attention to thoughts and to the perceiving, becomes longer and longer.

At the beginning the intellect is full of thoughts, which appear and disappear chaotically. As you are continuing the practice, the number of thoughts in the intellect is decreasing. The sensory stimuli will be arousing less and less interest in the intellect, so it will become more and more tranquil. You will reach the state of the intellect in which there will be only one last thought left – “do not think and do not pay attention to any sensory stimuli”. Actually, it is more advantageous not to use any expressions containing the word “no”, thus better use this: “the intellect is totally passive”.

When this last thought disappears, Light starts to be clearly visible. Flashes of Light may appear earlier at any time. Some people (especially those who earlier practised something similar) may see the flashes of Light even during the first contemplation of passiveness.

When exercising the contemplation of passiveness sounds may appear, which are heard but not with the ears. These sounds, same as Light flashes, are manifestation of IAM. IAM is present all the time, but the intellect,

being occupied with its activities, usually does not notice any data from IAM. When the intellect becomes silent and passive, then the data from IAM becomes noticeable. The first data received by the intellect are the above mentioned sounds and Light. The more passive the intellect becomes, the more data it is able to notice from IAM.

The better the intellect maintains its the passiveness, the clearer it feels the manifestation of IAM in the form of Light and Love. Then the contemplation of passiveness transforms to the contemplation of Light and Love.

When the contemplation of Love begins, you already know where to go. You need no more instructions.

You are doing the same contemplation but not of the same kind as it was in the beginning, because now it is transformed to meditation. When the intellect steps aside, Light and Love appear, then you enter the state of meditation (no thoughts, no illusion). If your brain waves were checked, it would show that you are in the *Delta* state.

The meditation begins when the intellect completely ceases its activity in the mind, but does not fall asleep. The intellect remains totally passive but is conscious about what happens in the mind. It is impossible to intellectually explain in details what the meditation is, because the meditation happens beyond the boundaries of the intellect.

Even if initially you may see contemplation of passiveness not much worth, I still suggest that you do it regularly. The longer you practise it, the bigger changes you will notice and the more you will be reigning over yourself.

Calm intellect can be easily focused, this gives you power to control life, which not many people possess. Visualizing becomes much easier on this stage of the intellect calmness. Then man also attains ability to enter meditation – something that many mystics are exercising for decades and cannot achieve.

The goal of contemplation of passiveness is to get the jumping intellect under control, since it is not able to focus enough because of its restlessness. Getting the jumping intellect under control is the key achievement on the way of conscious development. When man acquires this key on the way of conscious spiritual development, they can cross the gate, behind which meditation, intuition, telepathy and other abilities, commonly regarded as paranormal or miracle, reside.





“Then I experienced such kind of vertigo, that tears involuntarily came out. I was overwhelmed by happiness, joy and inexpressible love, and integrated with all the existence.

I was feeling such big joy and light heart as if I was living in another reality.

Let me say this: to love, it is much less compared to what was flowing from my heart.”

*Jarek*

## CONTEMPLATION OF JOY

This exercise really evokes blissful experience. Feelings gained by this simple exercise bring you closer to the mighty being, that man is in their natural state. When you are reaching the state of natural joy, you emanate Love and Light – this is important for entering inedia and keeping in such a state.

People usually feel joy when they are under an impact of external factor, for example, when they rejoice at happiness. The power of joy initiated by external factor can be compared to barely a particle of natural joy.

Think about it – you probably experienced such moments – when you felt big joy absolutely without any reason. Just like that, it occurred, you rejoiced, but you did not know why. Do you recall it? Close your eyes, relax and go back to your early childhood, when you were not thinking yet, you probably will recall from that time. When you recall such a state of rejoice or you experience it again, imagine, then the natural joy is felt much stronger.

One way or another, joy that you have recalled is merely a particle of natural joy emanating from man of a natural state.

Man in their natural state emanates joy. It can be seen from far away that they emanate a kind of invisible light, pleasant attraction – people feel Love from them. They even do not need to smile or laugh, they can talk normally, and still you will feel pleasure and joy arousing in you, seemingly for no reason.

Can you imagine that? Have you ever met such man? Probably yes. So, can you imagine what is the natural joy existing in man? Either way, here is an example of exercise, which can help one to return to natural joy.

Sit or lie down and loosen up the entire body – enter the state of total relax. Move away all thinking – at the beginning of this exercise, proceed as in contemplation of passiveness.

Having soothed the entire body and intellect, focus on feeling joy, which is deeply in you and rests with IAM.

Remember not to create joy. This true inner joy is a basic feature of your natural state, that is what you feel when you do not cover IAM with restless activity of the intellect.

That is why it is so important for you to make the intellect passive and focus on feeling, which is beyond thoughts, pictures and senses.

That is all – focus on feeling. Turn your attention to IAM, feel IAM, and then joy will manifest itself. The manifestation of joy is the first sign of the manifestation of IAM through the mind and body.

This cannot be successfully explained and comprehended intellectually, this has to be felt. Even if you read a fat book about feeling natural joy, which accompanies the manifestation of IAM, you will still not comprehend it. This state has to be felt.

When the first flashes of the natural joy appear, you will immediately feel them, and then you will get the point of what this is about. You will feel this power manifesting itself in joy without any reason. At the same time, you will feel Love. Quite possible that tears will well up in your eyes, because you will feel IAM again – That you are in your essence.

Remember, do not create, but feel. The natural joy is always there, always was and will be – you only need to focus on feeling it. So, feel, do not create, do not think about it and do not imagine it. Focus – you will feel it, for sure.

## **FOCUSSING ON INNER SUN**

First, fully loosen your body, bring it to full relaxation. Silence the intellect, and remove all thoughts from it.

Focus on feeling Sun, which is in the region of your heart. Feel, as if this Sun grows, extends to the entire chest, and then the entire body. You are feeling this, because wonderful feeling of warmth, joy and Love spreads in you and saturates every cell of the body.

You see this Light under the closed eyelids, and you feel growing joy and Love.

You see and feel how this Sun still expands, you sink into it and then you become Sun yourself.

Now, being Sun, feeling your Inner Power, you emanate joy, Light and Love.

Remain in this state, keep it effortlessly – this is a perfect food for your body, which cures and strengthens it.

These joy and Love remain, even when the Sun shrinks back into the centre of your chest, in the region of the heart.



## **CONTEMPLATION or VISUALIZATION**

These two exercises require opposite actions. Learn well the differences between them. In general – contemplation requires passiveness but visualization requires activeness of the intellect.

You should make the intellect passive during contemplation, so that only one idea (not a thought) is left in it. This idea should fill the entire non-thinking / passive intellect. It should be only a passive observer. The intellect, thanks to being so silent and non-creating, can notice information and

flashes from the intuition.

An entirely opposite action is performed during visualization. The intellect should fully engage all its thoughts, entire imagination, and all senses around the picture. It must create such perfectly living picture, that if somebody was watching it, they would believe it is real. Also, the intellect has to rouse the instinct with emotions, which emanate energy.

## ENERGIZING EXERCISES

These are the type of exercises (not necessarily physical) which cause sensible increase in one's life energy. After doing an energizing exercise, tiredness, sleepiness, weakness etc. leave man. Exercises of this kind enhance the correct circulation and exchange of different energies and information between the bodies of the human, and also between man and the external environment.

When doing an energizing exercise (contrary to a typical gymnastics or power exercise) man does not diffuse the body energy (to make the muscles work and tire them) but delivers it for him/herself. This is what matters, because this is particularly important in the initial stage of the adaptation to living without food.

There are many known (mainly in Asia) systems of energizing exercises. Most often one can hear about the Indian hatha yoga and *pranayama*, the Chinese *qì-gōng* and *tàj-jí*, the Tibetan rites, the Western isometric exercises and different visualizations. There are many systems and they have schools – thousands of possibilities appear, which all have the same goal, to increase the level of the sensible life energy in the body of exercising man.

Energizing exercises, if performed regularly, advantageously influence man. This makes their body become free of illnesses, age much slower and die much later. Being hundreds of years of age, full of energy and high physical and mental capacity, looking like in their forties, masters of energizing exercises testify that this kind of activity has much to offer.

Many regularly exercising people feel decreasing need for eating. In case of some regularly exercising people hunger completely vanishes, when the energy level of man becomes high enough. Among the Chinese exercising *qì-gōng* or *tàj-jí* this phenomenon is called *bì-gǔ*, this means that man does not feel any hunger and therefore they do not eat anything for weeks, months or years. Such man remains in perfect condition and their body

almost does not age (the biological age even regresses).

For man who is fasting or aiming to realize inedia or non-eating, this information means that regular practice of the energizing exercises is strongly recommended during the whole time without food. The exercises give measurable advantages. In most cases, if not doing the energizing exercises, man actively aspiring to inedia or non-eating is not able to keep the body working properly.

Having decided to do energizing exercises, you may choose one of the schools and follow the instructions. Additionally you have another choice – you can work out by yourself the best set of movements that suit you. It is easier than you may think. If you want, start doing it now.

Stand up, close your eyes, relax and concentrate on yourself. First of all focus the attention on the energy flow in your body, not on the movements and not on the muscles. Before proceeding you better do not be concerned about your observation of other practising people (forget about it). The most important thing is to become silenced and concentrated on the energy flowing both through you and between you and the outside environment. It is more advantageous to remain concentrated on feeling the energy, not on directing it.

When you remain concentrated on the flowing energy, you may start to feel that the muscles want to move. Let them decide for themselves, let the body make its own movements, as it likes. What kind of movement it will be (e.g. graceful, symmetric etc.) does not matter as long as you remain concentrated on the energy. The body will choose the movements that will allow you to feel the energy better. Simultaneously the energy level will increase. You can think about this as contemplation of feeling energy.

Contemplations, visualizations and energizing exercises are important elements on the way of conscious spiritual development of man. Practising them regularly makes man bloom comprehensively. As a result the mind becomes lighter, more creative and peaceful, and the body returns to its perfect state, which is manifested by its recovery and rejuvenation. One of results of such activity is a change in dependencies between man and the matter called food. This may cause the need to eat to vanish, because the food simply becomes useless.

The exercising man becomes a being of so-called higher vibrations, which makes him/her naturally emanate more and more Love. In the non-material world such man is seen as lighter and lighter being. At that point there is no

discussion about eating or non-eating, because it becomes insignificant.

If you have decided to keep your body in a perfect shape, possibly even without food, do energizing exercises regularly. Thanks to this, you will learn to move energy consciously.

Sensible energy and power given to man by this type of exercises is difficult to explain with words – this has to be felt. One who feels it just once will always long for this energy and body power. Masters can use this energy for killing, resurrecting, healing, nourishing, or materialization.

Once a sparrow hit the window glass of the balcony door of our house. Probably it wanted to fly into the lighted room but did not notice the glass. Having hit the door, the sparrow was lying on the floor without any movement, just like dead.

I picked the sparrow up, enclosed it with my palms and focussed on transferring life energy to the small body. I felt Love naturally emanating from me.

After a while, I sensed that the sparrow moved. I opened my hands and let the sparrow sit on one palm. I then felt that the bird is filled with energy and quite healthy. I extended the hand from me and told the sparrow: “You can fly already, you are healthy.” The bird did not want to, it was sitting there looking at me. It slanted the head left and then right, and was looking into my eyes. Only after I fully extended my hand and shook it a little, suggesting the sparrow to leave, it finally understood and flew away, full of energy and strength.

If I was a master in controlling energy, I would not have to take the sparrow in my hands. It would be enough if I just look at it – the result would be the same.

Well-being is important for man who is fasting or aspiring to inedia, or non-eating. One of the symptoms occurring most often, after giving up food, is weakness of the body. In this case, energizing exercises are efficient means. Remember this and exercise for health of the body and psycho-physical efficiency.

# METHODS

There are at least as many methods (on different ways) to adapt man to inedia or non-eating as the number of people who have tried or achieved this. Below are somewhat simplified method descriptions, which you can consider as frameworks, because they will give you more intellectual knowledge. Each of these methods can be a separate subject for a large book or a seminar.

Non of the methods described below gives you any guaranty to become a non-eater. Below you have merely a collection of some methods. The best for you is the method, which you elaborate for yourself and experience it as the efficient one. Following blindly a way of other man, even successful one, more often will bring you down instead of making you successful.

1. Natural
2. Spiritual
3. Sudden
4. Forceful
5. 21 day process
6. Hypnotic
7. Alternate
8. Conscious Eating
9. Trying
10. Philosophical-Intellectual
11. Sun-gazing
12. Alchemical
13. Your Own
14. Seven-Week Adaptation (described in a separate chapter)

## NATURAL

The name of this method indicates the direction in which man is going. The goal on this way is to restore eating habits and diet which are in accordance with nature. Through discipline one gradually transforms their own diet so that it is in accordance with what nature has created for man. In other words this method can be called diet refinement.

The man using this method gradually changes their eating habits in order to accomplish inedia or non-eating. The goal of this activity is to attain a diet



whereby only food of “highest vibrations” is consumed.

First the heaviest (concerning the digestion process and the vibrations) foods are eliminated from the diet. These are fried, grilled and smoked meats, sausages etc. Fried and baked products of cereal (grain), corn, potato, rice etc. (like fries, chips, popcorn, pizza and cakes) belong to the same group.

The next foods eliminated from the diet are milk and all dairy products. Some people claim that humans can drink yoghurt and sour milk or butter-milk because they favourably influence the intestine bacterial flora. The fact is that eliminating this food from the diet gives body more advantages. There are many researches about influence of dairy on human body – you can find them to study more. If you are concerned about the bacterial flora (you believe that you need more of it), you can drink some sauerkraut juice or pickled cucumber juice (made without salt).

The next step consists of eliminating everything defined as sweets, from the diet. Chocolates (also the bitter ones), candies, soft drinks and every thing produced with additives of sugar, honey, glucose or fructose and chemical sweeteners. Natural sweeteners, not containing these carbohydrates, (e.g. the plant *stevia rebaudiana*) can still be consumed if you cannot live without sweet (e.g. drinks).

After eliminating the above mentioned foods, there are still vegetables, fruits, grains (seed), nuts, legumes, fishes, eggs, meats and fats that you can eat.

The next step is to eliminate any kind of food processing. At the beginning of the natural method processing food by frying, grilling or smoking was eliminated. Now you are gradually eliminating all the other food processing methods. You no longer boil, steam, pickle or cure your foods with one exception – washing with water and parting (to pieces).

Look at nature on Earth. In general, washing and parting are the only food processing methods used by almost all known beings on Earth, except man. If you disagree, tell me, which creature, apart from man, cooks the food before eating it?

It is a fact that processed food, e.g. a cooked egg, is a different substance compared to the raw one. The appearance can be the same but an assay (chemical analysis) shows a different substance. A kitchen is a small chemical plant, where natural substances are changed (though chemical reac-

tions) into artificial ones (which are not normally found in nature). These chemical products are eaten by people.

Giving up all food processing is a big step towards reunification with nature – man is a part of nature. Being a part, a cell of nature, the human body is not fully adapted to the artificially produced substances in the kitchen. This return or reversal to eating only natural substances (originating directly from nature), brings man beneficial changes. Thanks to such changes man comes back to the bosom of nature, to the mother, home. Nature heals their body and mind.

The next step in this diet refinement is elimination of the grains (wheat, rye, corn and the like) and meat, fish (if you have not given up eating raw meat at the step where food processing was eliminated). So now only raw vegetables, fruits, seeds (e.g. sun flower) and nuts can be eaten.

Most of what is called vegetables and grains are products of genetic experiments made in the past (some of them as far back as tens of thousands years ago). Most vegetables and grains, when they are not cultivated but just left alone, will degenerate, become wild and disappear after some years. This happens because they are not part of nature. This is why at this stage they are eliminated from the diet. After this step only fruits and nuts remain in the diet, the only things produced by nature for humans.

Eating just what nature gives us, is one of conditions of living in accordance with nature. The ancestors of some people living on Earth, chimpanzee and gorilla, eat mostly fruits. Thanks to this diet they are strong, healthy and full of life energy. But if they are fed with food prepared by people, (provided they agree to eat it) they start to fall ill, age faster and die earlier.

One of the final steps in the natural method is gradual transformation of the diet to fruit juices only. You can squeeze fruits and drink the juice or you can chew fruits in order to suck the juice out (spit out the rest). It is better not buy juices because they are chemically produced liquids. Their look, taste and chemical composition are quite different from the natural juices. Drinking them would be like going back on the way of the eaten food refinement.

In the final stage you dilute juices with water, more and more, so that you end up with clean water after some days or weeks. Then you drink water, no more than the body needs, less and less, so that one day you will be able to give it up.

People, who choose this method required anything from a few months to decades to achieve inedia or non-eating. It depended on many factors but mainly on their engagement in the so-called spiritual self development.

First essential comment.

When gradually removing foods from the diet, make sure that you do not fight against the body. Fighting does hurts, so if you fight against the body, you are hurting it. For example, if you are addicted to fries and eat 3 kg of them a week, you do not have to give them up at once. Instead of fighting you can use discipline. You can still eat fries but with every week eat less by, say, 1%. The body will not notice the 1% change and gradually will become satisfied with the decreasing quantity until finally you will be able to give up eating fries. Instead of linear, you can use gradual logarithmic quantity reductions.

You may think that your body is free of a specific food addiction / craving for, say fries. You will have not eaten them for months, but one day you may be passing by it and notice the smell. Then you may feel saliva coming out, stomach spasm and internal sucking hunger difficult to control. In such a case do not fight against it because it could give your body more benefit if you were to put a small amount of fries into the mouth and chew it thoroughly. If you do not do it, what may happen is that you will dream about fries at night, think about them often and day-dream about eating them, that means you will be suffering unnecessarily.

The body has tremendous ability to adapt its individual functions to changes in diet and other life circumstances.. The body is very flexible regarding this if the changes are made gradually and if allocated time is long enough. The combined effect of small gradual changes, despite them being unnoticeable, can be enormous. For example, a change in living environment from tropical to cold temperature or putting on or losing 120 kg of body weight. Such a significant modification of the diet is a great change for the body. If you do it too fast, you suffer unnecessarily. When you love your body, you give it enough time, as much as the body needs for adapting itself to all the changes without any pain.

Second essential comment.

The described sequence of changes does not need to be strictly followed. Every man is a different world. What works and is true in one world, does not have to be so in the other. So you can change the sequence. Your feelings and intuitive guidance are more important than the information contained herein and examples given by other people. I know people, who were following the so-called optimal (Atkins') diet consisting mostly of animal

fat. They used a different way to adapt to living without addiction to eating.

Third essential comment.

Use discipline, not force. What is discipline? It is consciously planned and wisely, systematically realized action leading to achievement of the set objective. With discipline there is no fight because Love is leading the way. It is more beneficial to be able to distinguish between discipline and fight. Discipline leads to success, fight leads to injury.

Following the natural method pay attention to the body. For some people this method is or may be harmful. The body suffers, becomes weaker, falls ill and ages faster. Those people force the body to follow a specific diet, so they hurt it in the process. You can easily recognize them by extremities blue from cold, emaciated body, low level of life energy as well as sadness, depression and fanaticism about eating.

## **SPIRITUAL**

The matter, including the body, is a formation / reflection of man's spiritual sphere. Whatever was built in the matter, was first created in the spiritual sphere. If non-eating starts to exist in the human spiritual side, then their body will soon manifest this phenomenon, that is realize this in the life of man.

When following the spiritual method of adapting to inedia or non-eating the main goal of your work is to sufficiently expand the Consciousness sphere in which you live. You know that non-eating is one of expected results of this work. If non-eating becomes real enough in your spirit, the body will manifest it.

Man can consciously develop themselves on one of countless ways. It happens when one is following something defined and planned. It can be surrendering to God, practising any of thousands of beliefs, philosophies, perfection systems or others. You can do it alone or in a group.

Some people choose to stay in seclusion in propitious environment, some prefer the company of the closest family members and others lock themselves in a contemplation monastery. Some people choose a competent guru and follow their recommendations to the letter, some are guided by the "Higher I", angels, masters, guardians or other non material beings, yet others trust only themselves.

It is less important with whom, where and how, or which path you are following. What is more essential for the follower is that the Consciousness sphere is expanding, giving results which the practising man expect.

This is how the spiritual method of adapting man for inedia or non-eating can be summarized. With the spiritual growth of man their diet and desire to eat are changing. man is gradually moving to eating foods with higher vibrations which puts less strain on the body. Also the daily requirement / amount of food is diminishing until it ceases. It happens so because man feels, that they live by the power of IAM, God, Holy Spirit, All-reigning Principle, Universal Mind, Highest Energy, Internal Power, grace of Allah, Brahma etc. You can mention many other names here, which nonetheless are not understandable by the intellect, because the comprehension is possible only through experiencing it.

Because of that, if you decide to use this method for adapting yourself to inedia or non-eating, you know that you will be concentrating mainly on the spiritual side. One of your goals will be to free yourself from the strongest material attachment (food). Therefore you will stay focused on your spiritual growth and you will by doing proper exercises.

## **SUDDEN**

Actually, I would not insist that this is a method because it is kind of an occurrence which falls on man. A more precise way to put it is a sudden appearance of non-eating. However, knowing in what circumstances such sudden connection to non-eating appears, one can behave in a way which will invoke such a change. So talking about the method in this case concerns the circumstances of its appearance.

Most often it happens like this. One day the body suddenly refuses to accept all foods, which often surprises man very much. The refusal can be so strong that man feels inexplicable abomination for eating. man feels nausea when looking at food and even vomit after trying / forcing him/herself to eat regardless of food type.

The sudden non-eating, as if forced by the body, most often happens among people following the so-called spiritual way of life. The body of man deeply immersed in praying, contemplation and God worshipping has completely forgotten that one “has to eat”.

Studying biographies of saints, regardless of religion, one can find stories

describing periods of non-eating which suddenly and unexpectedly happened to those people. Some of them had not put anything in their mouths for weeks or months, others for several years. There were also “saints” who had not accepted any meals until the end of their life.

In present times, when the spirituality, that is the way of conscious spiritual self development, is spreading fast among Earth inhabitants, the sudden and unexpected rejection of food (it may seem that only) by the body happens more and more often among people living outside of monasteries, hermitages or shrines. Among the so-called normal, ordinary (not considered holy) people this occurrence happens much more often to people deeply engaged in creative work. It can be, for example, activity in the field of art. A painter or a sculptor can be so deeply immersed in creating a masterpiece, that they may forget about the world. During the day and night they will be completely taken by thinking of it and creating it. All their mental energy will be directed solely to the masterpiece. A musician or an inventor working on realization of their idea can behave in the same way. Not only will they eat nothing but they can also stay awake almost all the time for weeks, bursting with energy.

Do you remember the most sublime moments of love in your life? Do you remember that at that time not only you forgot about eating but you did not feel any hunger either? That was because love was feeding you. Indeed, when man lives in love, then Love is manifesting itself through their mind and body. Love creates Life. When man allows Love to sufficiently manifest itself through their mind, then nothing else is needed for the body to live.

In some cases of the sudden food rejection there is no unpleasant body reaction as described above. Instead, man simply loses any interest in food, they feel no hunger, and has no appetite. Such state extends in time for weeks, months or even years.

There is a conclusion from all of the above. The more you concentrate on your spiritual side, the bigger is the chance to loosen the connection with the matter (food). The more you immerse in spiritual practices, the easier it will be for you to give up eating. However, it is more beneficial if you do not force the body.

After a while (it can be weeks, months or years), it may happen in case of every man whose body has suddenly rejected eating, the hunger may reappear. The appearance of the hunger can be as sudden as its disappearance previously. Then man starts to eat “normally” again.

The sudden method (occurrence) can be easily distinguished from anorexia, whose cause lies in the psyche of the ill man. One of obvious symptoms of anorexia is emaciation of the body. When the sudden rejection of food happens naturally the body continues to function well and does not lose weight if it did not have superfluous fat reserves.

## **FORCEFUL**

As the name of the method suggests in this case man would pursue the goal of inedia or non-eating – with force. Some people are impatient or they just do not like “methods”, they prefer short cuts in order to have the results immediately. One of the things that characterizes people of such type, is their strong will concerning any task they undertake. Having decided something, they do not pay much attention to circumstances, they just press ahead. Such behaviour can help achieve the desired goal also in case when they are pursuing non-eating in life.

The forceful method is quite simple to implement and it does not require any preparation. Even now as you are reading this book, you can decide to give up food “for ever”. “From now I am a non-eater” – having stated it in this way, you only need to implement this decision in your daily life.

Man making such a decision believes that simply by taking such a simple decision and following it, it is enough to become a non-eater. Practically in most cases it means forcing the body to not take any food. This makes man hungry. A period of time when man is not eating, feels hunger and (often) experiences related symptoms, is called fasting.

This method for achieving inedia or non-eating is rarely successful. Having fasted for some time man starts to eat again or – if they are stubborn and fights with the body – dies. If man starts eating again when it is not too late (“too late” depends, among others, on how much fat the body has), the fast will be very beneficial for their body. Such fasting will cure people who are officially (= by majority of doctors) considered incurable.

When fasting the body loses weight (more and more). When it goes beyond the proper level, man using the forceful method for too long can be discerned easily. The body weight is still decreasing (at the speed of, say, 1kg per week), man easily becomes exhausted, has little strength most of the time, is not happy and their body more and more resembles like a skeleton covered with skin.

Not every man, who without any preparation suddenly decides to give up eating for ever, uses the forceful method. If the Consciousness sphere in which man lives, is large enough, giving up eating, is simply a confirmation that man possesses the ability to live without food. In such case their body will adapt itself for living without eating in a relatively short time.

There are also people who know that they can live without eating, though in every-day life they eat “normally”. For them giving up eating at any moment is a matter of simple decision. The body will adapt itself fast and will function well.

## THE 21 DAY PROCESS

Warning. Please, do not do the 21 day process unless you have thoroughly read and deeply considered the original description of the method, because if you have not, you may endanger your life. The description below is not enough to do it safely. I have included it here only for information purpose although Jasmuheen asked me to delete it (for safety reason).

A detailed description of “The 21 day procedure” by Charmaine Harley can be found in the book “Prana Nourishment - Living on Light” written by Jasmuheen, an Australian who is fed by prana and promotes the “Divine Nutrition” program in order to eliminate world health and hunger issues. Up till now this has been the most widely known method to those interested in the subject. Jasmuheen had been promoting the 21 day process around the end of the 20th century. Later on she introduced a simpler and safer long term method in her third book on this topic, “The Food of Gods”.

It is worth to know, that the information about the 21 day process was received as a message from non material beings by a group of friends in Australia. Jasmuheen was a member of the group. The members of the group, all aspiring to spiritual growth, used to meet often in order to practise together. While the received message was meant for the members of the group, the idea that the Divine One Within us, that breathes us and gives us life, can feed us, is a message destined for the global stage as Jasmuheen believes that this way of alternate nourishment is part of human evolution.

The 21 day process is divided in three parts of seven days each. In the first week man does not eat nor drink (as is the case in dry fasting). It can be dangerous for the life of the body if man is not ready. Apart from the fear the main concern is that the body may become too dehydrated, which res-



ults in irreversible changes causing death (this had actually happened to some people).

In the second week man can drink water and 25% orange juice (3 parts of water + 1 part of juice). In the third week, besides water, man can drink 40% orange juice. The amount of the drunk liquids depends on how thirsty man is and on other factors, though it is said that 1,5 litre a day is the minimum. People going through the process also drink other juices.

It is advisable to do the process in solitude and far from the civilization. In ideal conditions a friend should visit briefly every day, just in case. During that time physical and psychological cleansing will be occurring. Television, noise, troubles, daily occupation routine, computer etc. should not be available for man going through the process. The main point is to concentrate on your own spiritual side and on the psychological side of the process – this is why some rest (e.g vacation) is advisable.

I have concluded from my observations of people interested in living without food, that most of them consider the 21 day process to be a kind of holy or magical initiation leading man to become a non-eater. None of the individuals known to me who had undergone the 21 day process became a non-eater as a result of it. But I know some people who had discovered, thanks to the 21 day process, that they could live without any food.

It is a fact that the 21 day process does not turn man into a breatharian. Technically speaking, an analysis of the physical side of the process shows that it is dry fasting for 7 days followed by a juice diet of 14 days. It is quite an efficient method of cleansing the body and psyche from toxins. Dedicating this time to spiritual matters, to your own spiritual world, cleanses you more efficiently, as happens in other fasting practices.

Deep emotional involvement of man undergoing the process, the ethos suggesting the need for initiation, thousands of people who underwent the process and their accounts – these and more make, what I call “society suggestion”, to influence people so powerfully.

The 21 day process will not make man an inediate if man is not prepared, that is, their sphere of Consciousness is not expanded enough. Such man will be able to live without or almost without food for some or even longer time forcing the body not to eat – my observations confirm this phenomenon.

It can be a very different experience to go through the 21 day process as

many individual accounts describe. Some people feel nothing, they go on living as before with the exception of eating. Others are so deeply engaged that it becomes the biggest spiritual change in their life. Some people start to contact with non-material beings during that time. Every man is different, so going through the same experience is perceived differently.

## **HYPNOTIC**

Hypnosis is a tool for making changes in program operation in the subconsciousness. Part of the subconsciousness defines and realizes associations between the physical body, the psyche and the external matter known as food. In case of an average Earth inhabitant this function causes the biological need for eating. Some specific substances, defined as food, need to be delivered to the body, in right quantity and at the right time, so that the body can function properly.

Operation of individual parts of the subconsciousness can be changed. man aspiring to inedia or non-eating aims at changes in the subconsciousness which can be described in the following sentence: The body works properly regardless of whether the substances, called food, is ingested by the body or is not.

When working with an experienced hypnotist (or doing self hypnosis) and using individually selected set of suggestions, one can cause the changes to happen. In this case the effectiveness depends, among others, on how sensitive man is to the hypnotic suggestions.

It is a rather risky and not fully researched method of achieving non-eating. The main concern is that harmful suggestions may appear and be accepted by the man's subconsciousness. During the hypnotic session the subconsciousness can absorb the suggestions like a dry sponge absorbs water. Every single suggestion may make a significant change in functions of the subconsciousness.

It is worth remembering that not only words of the hypnotist make the suggestion. Also the hypnotist's behaviour, their emotions, aspects of the environment, sounds incoming from the outside and other factors may constitute a suggestion causing unintended changes with good or bad consequences – you never know.

For this reason and in order not to cause any undesirable changes in the psyche, I do not recommend this method, especially if you can choose

among others. Rapidly introduced changes in the man subconsciousness, using hypnoses, cause some changes in their life, which may make man suffer. Visualization is a much better method for making changes in the subconsciousness.

It is worthwhile to know the hypnotic method for adaptation to inedia or non-eating and use it in life-threatening situations, which maybe caused by too long period without food. Such situations occur when people are cut off from the food source for a long time; for example a group of people lost in mountains, long period shortage of food during a war or large-scale natural disaster. Then the least harmful approach is chosen; it is better to hypnotize man, so that they do not feel hunger, instead of letting man think about starving to death.

## ALTERNATE

The alternating concerns days when one eats. But before you start eating alternately reduce the number of meals per day. For example, if you eat five times a day, decrease it to four times. Later on, having got used to four meals a day, reduce their number to three. Continuing this procedure the time will come when you have just one meal per day and feel fine with it.

The next thing you introduce is eating only once every two days, so you fast every other day. Today you eat (of course, only one meal), tomorrow you fast, the day after tomorrow you eat, and the next day you have no meal again. So the eating formula is: M F M F M F and so on (M - day with one meal, F - day of fasting). After a while this rhythm will become routine which you will not even notice. You will feel hungry only every other day. This will happen automatically without paying attention to it nor counting the days and without any planning.

The next step is to have only one meal (that is to eat only once) in three days. Today you eat, tomorrow and the day after tomorrow you fast. The eating formula is: M F F M F F M F F and so on. When this becomes so routine that you do it automatically, introduce one more day of fasting. So now you eat only once in four days: M F F F M F F F M F F F, and so on.

Notice that on the eating day you should eat no more than the quantity you regularly consumed when you were eating normally. So once in four days you eat no more than you ate in one day when you were still eating normally (not four times the quantity).

Following this procedure you arrive at eating one meal only once a week, and further on even less often, e.g. twice a month. Then it is better to consume only food lightest for digestion (i.e. fruits or liquids). Do not harm the digestive system by suddenly eating something after many days of fasting. Also, long chewing and mixing with the saliva are extremely important.

When eating only a few times per month, it may happen that you forget about the day on which to have a meal. If you do, you may omit it if you do not feel hunger, which will make for two or more fasts without a break. If from the beginning you call the fasts non-eating, you may say that you are prolonging the non-eating periods.

Beware of the alternate method because it may change to starvation. For the unprepared the extended fasts can cause emaciation and other bad results. It is a clear symptom that the body receives too little food. In such a case shorten the fasting periods, change the method and/or work more on expanding the sphere of Consciousness that you live in.

## TRYING

Man decides to start inedia or non-eating so they put eating aside. This decision may be, but does not have to be, preceded by preparation. man observes and feels what is happening in the mind and the body. As long as everything goes fine, man can consider him/her self a breatharian (inediate or non-eater). But if symptoms indicating inability to live without food appear, man has one of two choices: continue the non-eating, despite knowing that it is risky, or start to eat again.

The reasonable choice is to go back to eating. Almost everyone who notices that their body cannot yet function properly without food, will do so. So man starts eating again. they can call the unsuccessful adaptation attempt just a fast.

Afterwards man eats “normally” for as long as it takes, in order to rebuild the body. they may even be eating for a longer time in order to make the body store a little more fat tissues. It is a fact that the more fat the body has, the longer it can live without food. So man may decide to store more fat in the body (it is better no to do it) in order to be able to fast longer with the next attempt. The longer the non-eating period, the bigger the chance of their body to adapt itself to inedia or non-eating is.

Having rebuilt the body, or having even stored surplus fat, man gives up

eating again (another adaptation try). This time too, after some non-eating / fasting time, man may go back to food (in order to rebuild the body again). But it is possible that there will be no such need, because after a few months it will turn out that the body works well without any food.

If man starts eating again, they may repeat the whole procedure again at some point in the future. At the end of every trial either coming back to eating (to rebuild the body) or becoming a non-eater may happen. man may do as many attempts as they wish.

But if man chooses the other way, that is, they continue the non-eating (in this case the more correct term would be fasting) while the body becomes more and more emaciated, then the critical moment is being approached. Critical in this context means that it is a state of balancing on the edge between life and death for the body. There are three possible outcomes: the goal achieved, deep emaciation (damage) of the body or physical death. Both, the second and the third outcomes, are much more probable – this will happen to almost every man who will act in this irresponsible manner.

There are exceptions which are extremely rare. The balancing on the edge of death and life of the body creates a unique psychological state which cannot be intellectually explained. In this state man can be much more conscious regarding decisions to undertake. people in the state of clinical death undergo something similar. Some of them come back transformed, some of them stay beyond the border of biological life. That is exactly the moment when “miracle” healing occurs.

I dissuade you from using this method for attaining inedia or non-eating. I write about it here only for informational purpose. To take this step, one has to be man spiritually highly developed, a madman or a suicidal. The former will have a chance to live, whilst the latter will almost certainly not remain here alive.

However, I believe that the spiritually developed man will not use this method because such man will already know that they can live in a perfectly working body that does not need to be fed, should they decide to do so. But if man does not know and will use this method to find out, it will mean that they are not developed enough yet although there may be exceptions.

## PHILOSOPHICAL-INTELLECTUAL

This method (it could also be called “scientific”) consists more or less of looking for information and theoretical studies followed by practice. Therefore I would rather consider it an addition to other methods. man interested in the subject of breatharianism, who wishes to adapt their body to inedia or non-eating, would look for all available information in books, seminars, on the Internet, from inediates, etc. The seeker analyses the information by thinking, philosophical discussions and (scientific) proofs. So man treats the subject in the same way as scientists and philosophers do.

The main goal of this man is to attain full intellectually supported by evidence that people can live without eating. The second goal is to compile the most appropriate (that is the best for man) methods of adapting people to living without food.

For man using the philosophical-intellectual method, the analysis of facts and research is more important than the intuitive feeling. According to my observations, fasting and realization of inedia or non-eating is very difficult for these people (compared to others). I have noticed that this purely intellectual approach is a serious obstacle for inedia or non-eating researchers. It seems to me that realization of this goal is possible only after reaching a certain levels of spiritual development.

Even so I believe that in the future, using so-called pure scientific methods, man might be able to submit him/herself to an operation or drug treatment in order to become free from food addiction. Specialists in sciences like genetics, neurology, informatics, quantum physics etc. have been working on this subject for a long time; but unofficially, of course.

## SUN-GAZING

This method mainly consists of gazing at the Sun and walking barefoot on the ground - it has been known and practised for thousands of years, mainly in India. They say that this practice heals both the body and mind. After much practice, sun-gazing keeps man in the state of perfect health, good mood and high level of life energy. The healing factors are the energies of the Sun and Earth.

The freedom from eating appears later as one of the side-effects of the high energy level being felt by man, it happens to almost all sun-gazing adepts,

even those who do not believe this. Noticeable decrease in appetite usually appears after about seven months but it can happen after only three months of constant practice or after nine months.

One of the first people who made this method widely known again in present time is *Hira Ratan Manek* from India. On his web site ([www.solar-healing.com](http://www.solar-healing.com)) *Hira* describes the procedure in details. There is also a number of discussion forums about sun-gazing.

Here is a short description of the HRM sun-gazing method. Every morning at sunrise, or every evening at sunset, you should gaze at the Sun's centre. Stand barefoot on the ground during the gazing. On the first day start with 10 seconds maximum. On each following day gaze for 10 seconds longer than in the previous day. In this way, if you gaze at the Sun every day, you will reach 5 minutes after the first month and 44 minutes within 9 months. This is the allowed maximum, in other words, do not gaze any longer.

The second important activity with his method is walking barefoot on the ground for at least 45 minutes daily, every day, even if you do not gaze at the Sun. When walking, do not look at the Sun.

Altogether, if you gaze at the Sun every day, the whole process takes about 9 months to accomplish. After that you do not need to gaze at the Sun every day. It is even recommended that you do not. You can do it from time to time to maintain a sufficiently high level of energy. How long and how often you gaze depends on the individual, the climate they live in and the life style that is conducted. Barefoot walking is still recommended every day.

If you live in a place where sunrise and sunset cannot be seen every day, the whole process may take longer. If you missed sun-gazing for a few days, do not extend the time at the next session. If you had a long break (say, a few weeks), shorten the next gazing time.

It is very important for eye protection to finish the gazing not later than one hour after sunrise and start the gazing not earlier than one hour before sunset. It also means that one should not gaze at the Sun during the day, especially not in the midday.

I hope that this warning is clear: **Forcing the eyes to gaze at the Sun at any other time, except sunrise or sunset, can cause damage to the retina of the eye!** Too long period of gazing without preceding gradual adaptation may burn this delicate part of the eye. Because of the burns, if man is able

to see at all, everything may look like an image with holes or spots. Such damage to the retina is considered incurable by the official medicine.

Another man, who promotes information about the beneficial influence of sun-gazing, is yogi Sunyogi Umasankar who “has discovered a method of absorbing energy directly from the Sun, removing the need to eat, drink or sleep”. Thanks to these abilities Umasankar-ji walked 62000 km in India, without money, teaching his method to people.

According to his teaching, the first sun-gazing is started at the moment of sunrise or sunset. First it should be done for a short time, later the time of gazing is gradually extended. If gazing directly at the Sun dazzles the eyes, one can look a little above it. It is very important to practise regularly.

By the way, here is some information regarding one of the biggest mistakes made by people – the use of sunglasses. There are situations when protecting the eyes with dark glasses is recommended because the eyes are dazzled by too much light. If you have not exercised sun-gazing such situations would include, among others, electric welding, walking on snow in the mountains when the Sun is shining, or on the beach, or long driving periods facing the Sun.

Using sunglasses during sunny days usually increases the deficit of life energy man has. Getting sun rays into the unprotected eyes is an essential part of natural processes required for proper operation of the man's psyche and body. This mainly relates to the function of the skin, pineal and pituitary glands. Many so-called “chronic diseases” disappear when an ill man stops using sunglasses and allows sun rays to fall on their skin.

It is worth to remember that the Sun is the father that gives life to all the planets in this solar system. How does a child feel and develop if the contact with their parent is being limited?

## ALCHEMICAL

This is the most efficient method of all known to me that makes use of chemical substances effect on humans. In this case the non-eating comes along as one of the side-effects caused by strong activation of the body light flow system. Those substances, clean or in mixture, have been used (mainly by the so-called “initiates” or “masters”) for thousands of years and known under different names, e.g. manna, philosophical stone, Holy Grail, vibuthi, white powder of gold, orme, ormus etc. Most often, they are in the form of



a powder. It can be a clean chemical element or a mixture of some of these: gold, rhodium, ruthenium, silver, copper and mercury, but not in the form of metals. For example, the non-metal form of gold looks like glass, and the powder is white. If you search the Internet, you may find much more information about these substances, if you use the words mentioned above.

Descriptions of a mysterious substance that has powers of healing body and restoring life are often done in a symbolic language and can be found, among others, in the Bible, Vedas, Koran, Egyptian scripts and alchemical books. This substance is given to only those people who are well prepared by a long process of mental/spiritual studies and practices. Apparently, when eaten by unprepared man, it can cause madness or death.

Here is a description of one of possible procedures. A spiritually prepared man first cleanses their body by fasting for nine days. From day ten man starts to take a powder or liquid of precisely determined composition which will depend on the planned end result. The powder is eaten every day, for a month or so depending on the substance and its composition. After forty days the body does not need any food. If the body still requires food, the amounts are decreasingly small until after a few months nothing at all is required because man does not feel any hunger.

Some spiritual exercises done during that time intensely activate the light flow system, and consequently, the nerves and the glands too. The powder and the exercises also cause rapid increase in brain activity (its area and radiation) especially of the pineal and the pituitary glands. It all causes a lot of changes in man including but not limited to their perception of the world, power of understanding and communication, skills and so forth.

For most people, in other words for the non-prepared people, the alchemical method is like a one way journey. Reversing such big activation of the light system is almost impossible. Theoretically, before the reversion is finished, man would have died because of madness, mental illness and not being understood by the society. This suffering would be caused by too big intensification of the non-material senses. man receives a lot of information. What man sees and feels can be partly compared to the mental state after taking some drugs, but it is still quite different. One of more interesting things is that thoughts of man materialize themselves much easier than is the case with “normal” man. As a consequence images based on their fear create situations that are dangerous for the life of man.

Starting from 1995, David Hudson talked in his public lectures about some powders discovered by him. The attributes of his powders met the defini-

tion of the mysterious substances used by alchemists. Research made by him and by others confirmed some extraordinary attributes and effects these substances can produce on the man's mind and body.

## CONSCIOUS EATING

The conscious eating (CE) method is one of the most efficient ways for people aspiring to non-eating. CE gives your body exactly what it needs (real body needs) in right quantity and at the right time.

Here is how to do it step by step. Let us assume that you feel hungry. Proceed as the following points suggests.

1. Stop for a while, relax the mind and body and ask yourself: “what is it?”. Now, FEEL the answer, do not THINK about the reason, because you need to feel it. The more feeling there is and the less intellectual process happens, the more Consciousness is manifesting itself. The thinking process (intellect, the conscious mind activity) is a smaller, more limited sphere of Consciousness. Man needs to transcend it in order to better understand the mind and the body. So feel the answer. It is possible that at this point the hunger will vanish and ... well, in such a case this is the end of CE.

Another possibility is that a picture or emotion will emerge, because blocked emotions, thoughts, thinking mechanisms, when they are being pushed out, first are felt as hunger. If this is the case and you start to eat, they are being covered with food and put back inside your psyche.

2. Do you still feel hungry? Go to the next step. Ask yourself, what it is that you want to eat. Scan through different foods and feel what food is most appealing to you. Having found it, imagine for several seconds, that you eat it. Imagine feeling it in your mouth and stomach. Ask yourself again: “what is it?”, and feel the answer. If the hunger vanishes, you can stop here. Also at this moment some pictures or significant thoughts may emerge to help you understand yourself more. Immerse yourself in them, let them fully pass through you, feel them all over the mind and body, so that you understand better what they are all about. After they are gone, they will never make you hungry again.
3. If the body really needs some substance called food, the hunger you feel will not vanish at this stage, so continue the procedure of CE. Take the food that you feel the body needs to eat. But do it consciously, feel your every move, how you are taking it, cutting it, cooking it, preparing it etc. Use your feelings to carefully observe yourself (deeply feel yourself). Continue to concentrate on the same question: “what is it?”, and wait for an answer with your feelings (it is the feeling to answer, not the

- mind). At this stage the hunger may vanish and pictures or unusual thoughts may appear. If nothing happens, proceed to the next step.
4. You are now sitting in front of the food that you feel hungry for. Slowly take a piece, all the time observing yourself by feeling your every slightest movement and body reactions. Bring a piece of the food to your nose and smell it. Delight yourself in the smell and keep your feelings open for the answer to the question: “what is it?”. You need to feel it, not to find the answer by thinking. Again, the same may happen: either the hunger disappears or emotion, picture, thought appear(s). If not, continue.
  5. Now bite the food. Keep it in the mouth and immerse yourself into feeling it. Feel the whole intellect, psyche and body reactions. FEEL, FEEL and FEEL, observe and do not think.
  6. Next, very important, chew it for a long time, never less than three minutes; the longer the better, even a few hours in extreme cases. Usually three to six minutes is enough. Swallow ONLY when it has changed to liquid and changed the taste. Remember, the food you are chewing will change taste once or more. Never swallow it before the taste has changed, else it will not be conscious eating procedure. FEEL, FEEL and FEEL, observe and do not think. When chewing you may start to feel disgusting taste and will not want to swallow it, then spit it out.
  7. Proceed this way with every bite until you feel that you are full. By doing so you are making sure that you satisfy the so-called “real body need” (for specific substances, regardless of what the body uses it for).

With CE you are all the time making yourself conscious of the process that you are going through. The process starts by feeling hunger or thirst. As you proceed with CE, you discover what it actually is. If it is not the real body need, you will not force the body to eat what it does not need. The best care for the body is to give it what it needs, when it needs and in the right amount.

With CE you are becoming a non-eater consciously, without fighting or misunderstanding, without making many mistakes. You are discovering the real relation between your body, Earth and your psyche. When food finally stops playing its role in this relation, it will naturally become useless and will drop off you an unnecessary part of this game called life on Earth.

CE is one of those actions which make us more conscious about IAM. The more IAM manifests itself through our mind and body, the more solutions we know, the better we see, feel and understand, the fewer questions we have. In other words, you really need nothing because you are the source of everything. You only need to ALLOW the source to manifest itself.

In 'normal' daily circumstances, IAM is suppressed by the intellectual part of the mind. CE and other conscious techniques of doing something allow the intellect to become more silent, more passive and therefore receptive to the always existing voice of the intuition. Since the intuition is the direct link to IAM, it knows everything, it has solutions for everything, and it gives you whatever you need.

Conscious eating, conscious sleeping, conscious talking, conscious ... whatever it is, makes you ... more conscious, and allows you to expand the sphere of Consciousness that you are living in. When you expand it sufficiently, you will have no more questions, because you will really know. In such a state to become a breatharian, a lightarian, to live without breathing, without influence of temperature, etc. will only be a matter of a decision.

## **YOUR OWN**

Every man is in a different world of his own. So how (if it is possible at all) to work up a method that would be right (in all its details) for everybody? Do you believe that someone can do the work for you?

For you the most important method is your own. It may or may not contain the elements from all the above methods and may even include some others. You work out your own method using all the information you have collected and everything you have experienced concerning this matter.

Some people like to be systematic, slow working and patient; others prefer to achieve the results immediately, even using force; and still others use the middle way. Some people prefer to concentrate on the spiritual side; others "must" have proof because for them everything "must" be logical; the rest combine the heart with the mind. And so on. So as you can notice, because the characters of people are so different, for most people something else is "the best".

Having information about many different methods of adapting people to living without food, you may produce your own method. As an example, this method may contain diet refinement (natural). At the same time you spend more time on spiritual exercises (spiritual). By chance you notice that you can easily get by with eating every second day or even less frequent (alternate). You also decide to eat more consciously in order to give the body the exact substances, at the right time and quantity (CE). You also do research, meditate on the matter, take part in meetings and discussion

groups, read a lot etc. (philosophical-intellectual). Additionally, you regularly gaze at the Sun and walk barefoot on the ground (sun-gazing). When fasting, you take white powder of gold (alchemical).

Practising more and more you may start to feel at any moment that not everything in your own method works as it should, as planned. In such case you just change the method. Make a different one, also your own. The method you have created does not need to be unchangeable. What is the most important in this is that you, while experiencing, move on the way to the goal.

I have described methods, which one can use, when intending to prepare the body for life without food. Let me emphasize again, that every man is a different universe and has their own way. Your way to inedia is different, compared to other people. Instead of following somebody, you can work out your own method using, among others:

- information available in publications of mine and other people;
- descriptions of people sharing on internet forums about their experiences;
- biography texts of “saints” and “immortals”;
- advice given in films, interviews by inediates, non-eaters and fasting people, published on the internet;
- modifying the seven-weeks-preparation described below.

## ADAPTATION IN SEVEN WEEKS

The term *bì-gǔ* is commonly known in China – literally: *bì* – avoid, *gǔ* – grain or food. In these days *bì-gǔ* is understood as inedia, non-eating, fasting or rare eating of minimal amounts.

In China, when I was talking with people interested in *bì-gǔ*, I noticed that the idea itself is well known over there and people do not find it extraordinary that someone is fasting. The interest in this theme is big, but the knowledge is small among people interested in the theme of adaptation to living without food.

When speaking with people interested in *bì-gǔ*, I was asked to describe “my method” of achieving inedia in details. My interlocutors had read “Life Style Without Food”, in which I described different possible methods for preparing the body to live without food. In that book I emphasised that there is no universal method, because every man has their own way.

Nevertheless, they still encouraged me to describe a method which may guide man to inedia or non-eating.

On the one hand, I still know and emphasise that every man is different, hence one efficient method of adaptation to inedia that is good for all people does not exist. On the other hand, I see sincere efforts made by people aspiring to inedia or non-eating and their looking for methods resulting from that.

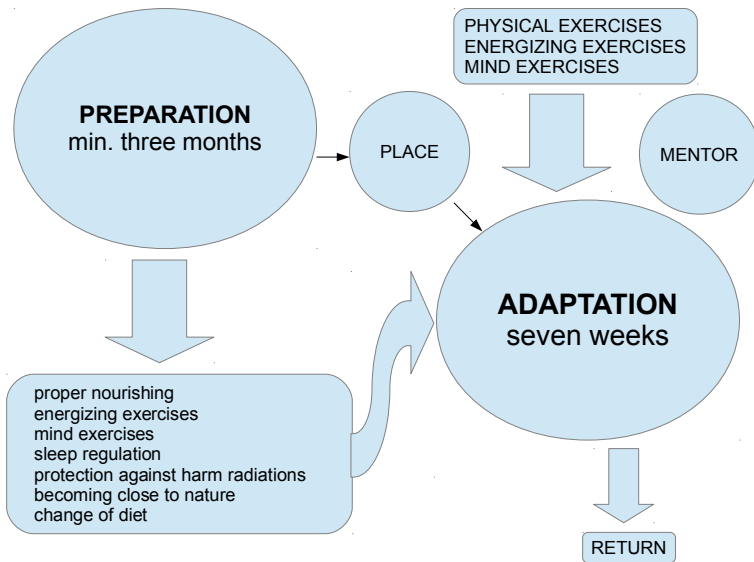
Below I described a method for adapting the body to non-eating or even inedia. You can modify this method, because: first – it is not perfect, second – your living circumstances are changing, third – you feel what suits you and what does not.

It is possible that fulfilling all the requirements and conditions described below, concerning adapting the body for non-eating, will not be possible for you. You do not need to worry about it. Fulfil all requirements, which you practically can. Provide yourself the best conditions for the adaptation that you are able to arrange. Go through the preparation as efficiently as you can. In other words – do what you can, in the best way you can – do not worry about the rest.

Either way, the most important thing ought to happen in your mind. Talking theoretically, you can become an inedia through your decision only, without any preparation or adaptation. Practically, you never can tell, because every man is a different world, thus everyone has their own way which differs from all the other ways.

The more conscious you are of what you truly are, the less you need from the material world and the less you are searching in matter, because you know that matter is a picture in your mind. If you feel that you do not know enough yet, read farther about the seven-weeks-preparation. However, be aware of the fact that this is information only.

# SEVEN-WEEK ADAPTATION



I have decided to describe in details about a complex of activities which can be performed by man aspiring to adapt the body for living without food.

Let me point out that this is a way for those people who are sensible enough to stop eating in order not to harm the body, when they conclude that this way is too difficult. If you decide to follow this adaptation – you are doing this on your own responsibility.

I advise, do not undertake this adaptation if you do not have sufficient practise in fasting. In my opinion, sufficient practise means at least fasting three times for three weeks, with minimum three months of pause between every fasting.

Have you gone through such fasting with ease, and after the three weeks, were you feeling well? Then, did you feel that you could go longer with advantages for the body and mind?

If your answers are surely positive, you may have the potential for longer periods of non-eating.

Necessary conditions to meet relate to health. It is not allowed to start the adaptation or fasting in the following conditions of the body or mind:

- implanted pacemaker or other device that assists functioning of important organs or substitute them;
- body with transplanted organ;
- cases when one has to take a medicine for lowering the immunological resistance;
- obesity;
- emaciation;
- mental illnesses;
- serious illnesses resulting in very low level of life energy of the patient;
- illnesses requiring constant care, dialyse, operation or other treatment, or taking medicine, without which serious worsening of health would occur;
- drug addiction or addiction to electronic devices like phone, computer, TV set, a player;
- uncertainty or doubts concerning full success in realization of this adaptation.

Besides that, the following people should not fast:

- miners;
- pregnant women;
- breastfeeding women;
- people physically working heavily;
- prisoners
- soldiers on duty.

I suggest, before you make up your mind, go to a wise dietician who has sufficient knowledge about healing people with fasting. Ask this doctor to fully examine you and issue their consent allowing you to fast for a long time.

## **PREPARATION**

Before you start the seven-week adaptation, you ought to prepare the body and mind. Starting without any preparation significantly lowers the chance to achieve the expected result.

The preparation itself should last not shorter than three months. When it lasts longer, for example, half a year or even a year, it gives more advant-



ages. There is no reason to haste. A lot of changes have to be done in the body, in its nerve system and in the flow of energy.

During the preparation you focus mainly on:

1. Proper nourishing.
2. Energizing exercises.
3. Mind exercises.
4. Sleep regulation.
5. Protection against harm radiations.
6. Becoming close to nature.
7. Change of diet.

## 1. PROPER NOURISHING

An entire large chapter is written about this topic, later in this book. The reason to introduce proper nourishing is to bring the body to function in accordance with rules of nature. Man's body is a part of nature, therefore it is fully subject to nature's rules. When you conduct the body according to nature's rules, you maintain it in a perfect shape.

Acquire information contained in the chapter “principles of proper nourishing”, even if you do not intend to adapt your body for living without food. Nourishing in accordance to these principles has advantageous impact on health and extends body life.

## 2. ENERGIZING EXERCISES.

I suggest, learn well this type of exercises – I have described some of them. It is worth to perform them at least once a day, the most favourable time is early morning. Make it your habit. Later, during the seven-week adaptation, energizing exercises will be one of the most necessary tools. Without energizing exercises the continuation of the adaptation may become impossible.

## 3. MIND EXERCISES

I think mainly about contemplation of passiveness, contemplation of joy and visualization – you have read about them. Precisely these three exercises constitute the most important tool of the entire seven-week adaptation. They are the kernel, while all the rest are supplements facilitating the adaptation. That is why I suggest that you focus on developing the habit of prop-

erly and regularly doing these mind exercises.

You probably remember what I am often saying that inedia and non-eating are by-products of expanding the sphere of the Consciousness that man lives in. Therefore, the goal is the expansion of the sphere, that is why the mind exercises constitute the kernel for the adaptation to inedia or non-eating.

## LOOSENING EXERCISES

It is worth to learn total physical body loosening, because the level of physical body looseness can have significant impact on the efficiency of mind exercises.

Also, it is worth to make this type of exercises just prior to falling asleep, so that the body sleeps with loosen muscles. Thanks to this, the physical rest of the body will be maximal. Sleeping with unconsciously stretched muscles causes illnesses, which man can get rid of by loosening the muscles.

Many people do not sense that they have stretched muscles. Let us see, check it on yourself now and later, for a few times during the day – are the muscles of your jaws, neck, and shoulders fully loosen or you may be stretching them unintentionally?

There are many descriptions of relaxation exercises written in the literature. A quite popular one is *sawasana* (it can be written differently, e.g. *shaw... shav... sav...*) derived from yoga. You can easily find explanations about how to perform it. Let me describe it in short.

Lie on your back on an even surface, with the extremities straighten along the body. The feet are 30 to 60 cm apart. The hands are 10 to 30 cm apart from the body.

Loosen the entire body. Freely but deeper breathe a few times in order to even more loosen the body.

Next, subsequently scan your body in order to notice tensions and remove them. You can start from the top of the head. Feel the top of your head and loosen possible tension in that place. Next move your attention to sides of the head, ears, and the back of the head – remove all the tensions subsequently. Proceed like that on your face, from the forehead to chin. Notice stretched muscles of the eye globes, tightened jaws or other muscles of the face – subsequently consciously loosen them.

Then focus on the neck and its back – when you feel tensions, loosen the muscles.

Continue in this manner, from the shoulders to the fingers, then from the

shoulders, through the chest, abdomen, and the same for the muscles of the back, from the top going down to buttock.

Move like that, loosening the muscles, removing even the slightest tensions, until you reach the toes.

Next, do the same, starting from the toes, going upwards till you reach the top of the head.

After this or other exercise of loosening muscles of the entire body, you should feel comfortable, heavy and pleasant. Now imagine that warmth is freely spreading all over in the body, relaxing it even more.

When you are performing muscle loosening exercise, it may take twenty or more minutes before our body is fully relaxed. Regularly exercise every day, so that later you can easily enter the fully relaxed state. After many times, you will achieve the ability to enter the total body loosening in a few minutes, later, even in a few dozens of seconds.

If you fall asleep when performing a relaxation exercise, that is all right. Thanks to this the body is resting very well, so, you sleep soundly. Usually, when you go to bed tired and perform this exercise, you fall asleep. Another solution is to do the exercise when sitting. When sitting, loosen all the muscles, as described above. You let only those muscles to be stretched, which are keeping the sitting position, of course.

It is easy to do mind exercises straight after waking up, the best would be before sunrise. People usually wake up with the body relaxed. It is a pleasure to stay in warm bed at that time. It is worth to use that time to do mind exercises, because they succeed well just then.

If you are planning to do a mind exercise in the state of full relaxation, do it immediately after waking up, the best would be still before sunrise.

Usually mind exercises are done in sitting position in order not to fall asleep. Also, at that time, the flow of energy through the exercising man is better.

If you are tired when performing a relaxation exercise, you can fall asleep even in sitting position. Before starting, make sure that in case you fall, no harm would happen to your body.

## 4. SLEEP REGULATION

It is best for man to live in accordance with rhythms of nature. Biological

rhythms of human body are closely connected with nature rhythms. Sleep, its time and phases also are subject to these rhythms. There are processes taking place in the organs, nerve system, and the psyche of man, which cannot be performed outside the sleep time. Then, if sleep is disturbed, these processes will suffer. When the sleep is too short or takes place in time other than that biological rhythms require, it is disturbed.

From a practical point of view, one has to remember, go to sleep early and get up early, the best would be always with the sunrise and sunset. When you live far from the equator, you are experiencing big changes in relation of the length of day and night, depending on the season. In this case, you probably will not want to adjust your sleep time to the length of the night that would be too long. However, you can decide to go to bed before 10 pm and get up no later than 7 am.

If 10 pm is too early for you, you can decide to go to bed between 10 and 11 pm, but not later. Going to bed later than 11 pm disturbs the biological process of body self-cleaning, in which the liver plays a significant part. After the body self-cleaning, the liver still has to take some rest. If you go to sleep after 11 pm, you are taking the valuable time from the liver. As a result of treating the body like this, the ageing process accelerates and the immunological system weakens.

When preparing for inedia or non-eating, one ought to bring the body and psyche to the best possible state. To become an inediate, one ought to be healthy. The sleep plays an essential role in this.

The other extraordinarily important factor is darkness. The body ought to be in complete darkness during sleep. The deeper is the darkness, the fuller the body rests. If the body sleeps in semi-darkness, or even worse – in the presence of light, this causes backwardness. This concerns mainly the pineal pituitary glands, the functions of which are essential on the way of spiritual self-development.

The pineal gland especially needs total darkness during the sleep, because then it can function well. When the eyes are deprived of darkness during sleep, the pineal gland develops less and even degenerates. This makes spiritual development difficult or impossible.

The pineal gland plays a key role during mind exercises, which are also called psychic or spiritual. Results achieved using this exercises depends on pineal gland health.

Silence is the third important factor to observe during sleep. The more quiet

in the room where you sleep, the better nerve system rest. The noisier in the room, the bigger problem there is for the nerve system and the psyche. The instinct uses energy unnecessarily thus the sleep phases are disturbed.

By the way, let me point out that some parents let small children go to sleep late. Sometimes I see how parents carelessly do not worry that their child is still up after 10 pm. Such a child will not be fully healthy. Going to sleep late will affect the child's development, thus later, when the child becomes a grown man, they will not be fully mentally developed compared to their original potential when they were children. That will be the fault of the parents.

That is why I suggest, care about your child's health and long life. Let them sleep in silence and darkness. Before they are seven, let them go to bed before 7 and 8 pm. Before they reach fourteen, let them fall asleep no later than 9 pm. Only when they are matured, at the age of eighteen to twenty one, they can allow themselves to go to bed at 10 pm. Thanks to caring like this, you will put your child in the direction to becoming a strong psychophysical man.

To summarize, during the preparation for the seven-week adaptation, you ought to adjust the body to sleeping in the **right time**, in total **darkness** and **silence**.

## 5. PROTECTION AGAINST HARM RADIATION

I advise you to avoid living in places with, and protect your living environment against:

1. electromagnetic waves and fields;
2. magnetic fields;
3. electrostatic fields;
4. ionizing and radioactive radiations;
5. geopathic stress.

Re: 1.

Frequencies of microwave ovens, transmitters of wireless telephone, radar, radio, television and wireless networks are especially harmful. The health of children these days are worse compared to the health of their parents (when they were at the same age), and the life expectancy of these children is going to be shorter than that of their parents – all this is because of wireless internet networks (popular WiFi), cell phones and other wireless devices in common use.

Such density of high frequency waves is one of a few strongest factors causing degeneration of biological bodies, mainly for people in cities. This results in weakening of the body self-defence system, severe increase in number of sick people and shortening of lifespan .



I hope that you do not belong to those electronic zombies that can be seen around more and more often. They are walking with their eyes fixed on screens of devices held in their hands in front of the head. They sleep with telephone, still switched on, close to bed. For this reason their energy is being sucked by vampires. They live like in a trance, having forgotten that they are part of nature, which has no electronics.

Electronics kill the intuition, weakens the intellect and reprograms the instinct in the way that makes man a less and less conscious slave. Look into the eyes of that man – how much consciousness and how much life is left there?

If you want to have a healthy and resistant body, efficient nerve system, and if you want to develop your abilities to use intuition, especially telepathy, do protect your home, work place, and especially bedroom. Use only wired electronic devices, which have good shielding and grounding. Shield rooms in which you stay most of the time, especially bedroom, against electromag-

netic waves of high frequencies.

You can use an electromagnetic field meter to check the wave intensity before and after the shielding.

If you are living in a house that is far from transmitter aerials, maybe in nature, it is quite possible, that the intensity of the electromagnetic waves is sufficiently low and you do not need to use shielding. Just remember not to use wireless electronics unless there is extraordinary need.

Microwave oven is not suitable for cooking or even warming food. It destroys the structure of food so severely that it becomes totally dead. I suggest not to eat anything that was in microwave oven – it is not only dead, it also weakens living organisms.

If you do not believe this, water your flowers with cool water that was first boiled in microwave oven, and see how fast they degenerate and die.

Do you remember what I have written about water structure? Microwave ovens can destroy any water structure that supports biological life.

Re: 2.

If you happen to live in the proximity of industrial devices emanating strong magnetic fields, e.g. generators, transformers, motors – the solution is to leave that place; the earlier, the better.

Re: 3.

Strong electrostatic fields can be formed around devices and cables of high voltages. Then you can install a metallic shield and ground it. Still, it is better to leave such a place.

If you have a plastic carpet in your home, concerning your health, the best would be to get rid of it. If you do not want to, at least spray it with electrostatic agent.

Re: 4.

Ionizing and radioactive radiations can be found around devices emitting high voltages, containing radioactive elements and around X ray apparatuses – in these cases you have to remove the devices or leave that place. Radioactive and ionizing radiations can also be found in nature. They are emitted by some rare minerals and the gas radon. Radon is found in nature quite often. Its concentration can be high in places like basements, tunnels, caves, etc. If your room is underground, better check the concentration of radon in the air. Radon is heavier than air, because of that one ought to sleep at least 20 cm above the floor.

It rarely happens that a building has walls with higher radioactive emanation. Most people feel bad and even sick in such a building. These symptoms disappear after a few days outside. If you have any doubts, especially if it is a new building, measure the level of wall radiations.

Re: 5.

There are many places in nature negatively influencing the human body, which are called geopathic stress or radiation. This harmful radiation is found over many underground streams, underground rock formations, tectonic faults, hollows, etc.

Also so-called crossings of the geopathic lines network do harm to the human body. This kind of radiations can be found by an experienced radiesthete (radiesthesia specialist) – it is worth to invite one home to check if there is any harming geopathic stress.

It often happens that people are sick because they live above a water stream or their bed / desk is situated in crossing geopathic lines. Moving away from such a place brings back health to those people.

It is worth to remember that human body is a very sensitive receiver of waves and radiations which often are called energies. Commonly known sciences like radiesthesia and *fēng shuǐ*, are engaged in researching this type of radiations in the environment. Use their findings and solutions for protecting your health.

## 6. BECOMING CLOSE TO NATURE

Man is an inseparable part of nature. Man who is totally separated from nature, dies. The farther man lives from nature, the faster they degenerate, because life energy is in nature.

How do you feel in a city and how in a forest, by a lake, in mountains or at seaside?

Can you feel how much energy is in you after hours spent in an office, in a building with artificial lighting, and how much after a day spent by a lake, in mountains, in a forest or at seaside?

The difference is big – isn't it? You clearly feel that an artificially illuminated office, situated in a concrete building, sucks life energy from you. On the other hand, the completely opposite thing is happening in nature – you naturally are receiving life energy.

This kind of energy that is contained in nature is natural food for all people,



animals and plants. Earth and the sun are emanating this energy and move it properly. The movement of this energy is disturbed and weakened in the cities, especially in buildings.

If you are moving in the direction of life without food, staying in nature all the time would be the best. This significantly facilitates the adaptation of the body for a new type of powering. Increasing the powering of the body by food in form of energy from nature is a transition stage on the way to non-eating.

## 7. CHANGE OF DIET

The change of diet during the preparation for the seven-week adaptation is an extraordinary process, because it differs from other diet changes performed by people for health, religion, belief or philosophy reasons. In this case, instead of saying “change of diet”, we can say “sublimation of diet”. Sublimation is a process of transforming something into a purer or more delicate form. The process of diet change is exactly about this, that eaten foods be more and more subtle concerning the density of matter, and be more and more energetic concerning the vibrations.

This is about energy cloud or invisible radiation around food, which is its aura. When you look at the aura of different substances eaten by people, you will notice that they differ in colours and brightness--from foods having dark, almost black aura, till foods looking like shining source of light with white-silver-golden aura colours. You may probably guess that the first ones are foods of the highest vibration and the others – of the lowest.

During the preparation, when gradually giving up “normal” food, you are drawing more and more food in form of energy from the cosmos and Earth.

During the seven-week adaptation, gradually giving up the drawing of energy from the outside, you are increasing the powering / creating of the body from the mind.

A conclusion results from this is that in order to start the seven-week adaptation, your body should be powered by energy from the outside, that is from the cosmos and Earth. That is why the elements of the preparation, which are mentioned above, are so important.

The change of diet can be performed along the lines of diet sublimation described in the chapter “natural”, section “methods”. Shortly, it consists of gradually removing foods of the lowest vibrations and replacing them with food of the highest vibrations.

Let me add an essential comment.

When sublimating your diet, when you are moving to fruit juices, the most advantageous action is to suck juice from fruits when chewing them. Bite a fruit, chew it sufficiently long to suck the juice, mix it with the saliva and swallow, and spit out the rest of the fruit.

However, if you must squeeze the juice, do it in a hand squeezer instead of an electric one. Do this directly prior to drinking, and do chew the juice in the mouth as if you were eating fruits. This is important for proper digestion. If you chew too little, then more purifying, instead of digestion, occurs in the intestine.

Also, I suggest, do not use electric juice extractors or blender.

First: the aura of juice made by such machines looks much worse than that of the fruit. This is understandable – the fruit suffers agony in the electric machine. Imagine, what would you feel if you were the fruit? Fruits are living organisms, which have the sphere of the Consciousness more expanded than man has.

Second: for the digestion process to occur properly, food must be first well mixed with the saliva. If you are drinking a juice or scrambled fruit, you do not chew. The chewing itself is not only about mixing with the saliva, it is also an important teeth piezoelectric function, which is a part of the digestion process concerning the nerve and energetic factor.

Here is a simplified list of foods, in the order from the most subtle, which are those of the highest vibrations, energy, and shining most brightly. This is not an absolute list, that is, the order can be different depending on place on Earth. I have assumed that the air, water, and soil are perfectly clean, as they should be in unpolluted nature.

1. water gushing from rocks in a mountain
2. ripe fruits on a tree or shrub
3. ripe nuts and seeds on a plant
4. living and healthy plants
5. naturally grown vegetables
6. young living fishes and birds
7. freshly squeezed juices
8. eggs

9. young, living animals
10. cooked plants, vegetables, fruits, and beans
11. naturally preserved foods (according to above order)
12. honey, glucose, and sucrose
13. animal's milk and its products made of it
14. smoked meat and fish
15. cooked or steamed flours of grains
16. fried or baked flours of grains, wheat is especially harmful
17. fried, baked or grilled meat, fish or egg
18. everything that was treated in microwave oven

Pay attention to the fact that this simplified list of foods does not define your best or recommended diet. What, when, and how much your body should eat, depends on many factors. The above list is merely a general indication of food value of things eaten by people. It is not dietary advice. Follow the “conscious eating” method, because it satisfies your body with the best of the nutritional needs.

One more significant thing – chemically poisoned and genetically spoiled food. You probably know that it is more and more difficult to get food produced according to nature's laws. Nature does not know degrading soil cultivation, where chemicals poisoning plants are used to “protect” them against insects and to increase the crop yield.

If you are to eat something produced with the usage of chemicals, you'd better think twice if you want to eat it at all. Many chemicals used in food production processes causes pathological changes in human body, sometimes they are almost irreversible. Such kind of food is a poison. Do you want to eat poisons regularly?

For dozens of years, genetic changes have been made on plants and animals. GMO (genetically modified organisms) are known since the beginning of life on Earth. People experimenting in this field almost always degenerated food. Introducing more and more GMOs into plants and animals are one of the most significant causes of catastrophic degeneration of food and nature in the 20th and 21st centuries.

The extent of this destruction is little known by those who do not look for information. The destruction is seen in people's health, plants' resistance and yield, animals' fertility and devastation of huge areas of arable land. Full repairing of the damage caused by GMO is almost impossible to be done by people. However, nature can manage this problem, if people immediately stop making changes in genes of plants and animals.

I advise you to do whatever you can in order to eat food free of poison and GMO. This is one of the basic principles for returning to nature. Without returning to living in accordance to natural laws, the body adaptation to living without food may become too difficult.

## THE ADAPTATION

From the name itself you can guess that the main part of the adaptation for living without food takes seven weeks. Of course, this is a hypothetical number of days, because you can shorten or extend the adaptation itself. The extending can be required more often than shortening.

I remember that I needed about four months to adjust the body for living without food. The difference is that I started the non-eating on a fixed date, as if by force. Also, I did this without any preparation of the body.

I am reminding you – the common sense ought to guide you. Sometimes it is more advantageous to go back instead of going on, where a danger is waiting. This way of life will not escape from you, nobody urges you, and you have as much time as you wish. You can start and return as many times as you decide to. You define your limits yourself.

The way to inedia is not a competition, not a fight, not a must and not a prestige. The adaptation to inedia is like a way to an unknown mountain top, where you are going by yourself and for yourself, to learn abilities unexplored till now. The higher you climb, the more you will see, that is, get to know.

Be aware that the adaptation is mainly a mind / spiritual process. Your mind is a horse that is pulling a cart (the body). The cart is inertly following the horse, it does not decide for itself. The cart moves ahead when the horse is walking, it stands when the horse is standing and it moves back when the animal cannot manage.

The cart is constantly pulling the horse back – this is normal, unless the horse turns back, then the horse has to brake the cart, so that it will not run over the horse.

Do you understand this comparison?



You know that the horse has limited capabilities. Also the cart can break down. So, do not overload the horse, nor the cart. Drive them with common sense on the way to the top.

## MENTOR

I recommend that you should keep in close touch with a specialist in the field of fasting, non-eating or inedia. Most advantageously would be in touch with a doctor specializing in healing people by fasting.

Let this man be your mentor. They do not have to be with you all the time, you even do not need to see each other regularly, but it is important that you can contact them when in need and that they can immediately arrive to you.

It is recommended that you can meet the mentor and talk with them whenever you need, because you may have different needs, apart from

medical help possibly.

## PLACE

Before you choose a proper place for you to go through the adaptation, spend a few days and nights over there first, to feel it. Make sure that the air, water, and soil are clean over there and that there is no harmful radiation.

This proper place is in nature, of course – the less it is changed by man, the more advantageous it is for you.

It is possible that you will need a few places. For example, the first three weeks you will feel better in a mountain forest with a sunny clearing and waterfall. Later you feel that it will be more advantageous for you to go down to the lake in the valley. In the last week you may feel like staying by the seaside, on a warm, sandy, sunny beach.

Ideally would be to provide yourself with possibility to stay in such places during the adaptation.

Check if that is possible. If not, choose a place that meets these requirements:

- where you feel nicely warm, that is, not too cold and not hot or stifling;
- there is a forest in not very high mountains or on a hill;
- where you can watch sunrises and sunsets and admire the landscape;

or

- close to a sandy seashore in vicinity of wooded hills and rocks;
- where you can watch sunrise over the sea;
- you have free access to a spring, river, lake or sea;
- most of the day is sunny;
- far from people, roads, constructions, power plants, airports, cemeteries and aeries;
- where there are sounds from nature only.

Simple cottage or hut built with natural materials like stone, wood, sand, clay. It should include a bathroom and a comfortable room without luxuries and electronic devices. Avoid plastics, gum and poisonous building materials. Also your clothes should be made only from natural materials.

The bed should be without plastics and metals. The bathroom should be clean with water without chlorine, fluorine and other poisons. Drinking and

bathing water ought not to touch plastics.

## THE FIRST DAY

Yesterday you ate your last material meal – leave thoughts related to it, because that is already a history. Since that time you are free from the strongest addiction on Earth – you probably have decided so.

Today you do not eat any more, but you still power the body, so that it can function properly. You are powering it with energies drawn from the environment and produced by the mind.

For this purpose you perform energizing and mind exercises, which you have learnt to perform properly during the preparation. Feel yourself which exercises are advantageous for you and in what time.

Just as an example, your day may look like this:

You get up in the morning before sunrise. You wash your face, neck, ears and hands. You go outside still before sunrise and go to a place, from which you can watch the rising sun.

You are drawing prana by breathing (previously described) over there. Sun-rising starts just a moment after your finish this exercise.

You move all the thoughts away, stand relaxed and gaze at the sun. If this is your first day of this energizing exercise, the gazing can last for maximum 20 seconds – for sure, not longer than the emerging of the entire sun disk from the horizon lasts.

Next, you close your eyes and cover them with your palms (do not press the eye globes), to shield them from the light. You still see the sun, as if it was inside your head now, in the region of the pineal gland. You feel the energy flowing from this inner sun in all directions. You are focussing on this inner picture for a few minutes until it fades away.

If you are standing a few meters from the cottage, you can go back to your room, which should be darkened, then you do not need to cover your eyes with your palms.

You feel good and pleasant. You are strolling in nature enjoying the nice morning. You listen to the sounds of nature, feel energy emanating from Earth and sun.

Before you went out for the stroll, you drank warm water with baking soda. This helps raise pH of the urine and stimulate it to better excrete. After coming back, you wash your intestine with water, to remove rotting remains of food from past days.

Later you sit down in a relaxed position and perform visualization, in which you see yourself as a happy inediate. You have been visualizing for several months since you started the preparation for the present seven-week adaptation.

What is in your picture – you decided earlier, now you are just continuing. I, or anybody else, will not create this picture for you, because it would be disadvantageous for you, since you are to consciously create your life. I am just merely suggesting that you see yourself in the picture as man emanating joy.

If you have decided to put yourself in the picture as an inediate or non-eater, you are visualizing it from the first preparation day.

You are passing the rest of the day according to your needs. What is important is that you do the energizing and mind exercises previously described, so that you keep the body in good physical and energetic forms.

Energizing exercises alone may not be enough. The human body needs some amount of physical activity to normally function.

One of the most important factors that determines the efficiency of adaptation to non-eating or inedia is body's physical fitness, that is why keeping the body in the best form is so important.

You decide the amount of physical activity that your body needs, because you feel it. For some people, long strolls are enough, others feel the need to jog or cycle, still others like to tire muscles in a gym or swimming.

Do not exaggerate with the physical activity. If you tire the body too much, it will lose too much energy, which will make the adaptation more difficult. "Enough is enough."

In the evening, you perform contemplation of joy. Then you go outside and look into the stars and listen to nature. Before you finish the day, you read soulful literature, because you have taken a lot of books with you. By the time you go to bed, you perform contemplation of passiveness. In the bed you lie on the back and loosen the entire body, as in *sawasana* exercise. You fall asleep like that.



## THE SECOND DAY

Its course is similar to the first day.

## THE THIRD DAY

Its course is similar to the previous days.

If you care about maximum removal of all the food remnants from the small and large intestines, then you wash the entire alimentary canal. You can use methods described in the chapter “alimentary canal washing”.

It is worth to be near your mentor taking care of you, so that they can help you if a need arises.

## THE SEVENTH AND EIGHTH DAYS

These days look similar to previous ones. In the seventh day, you perform washing of the large intestine to check if something putrefying is still there. If you see remnants of putrefying matter flowing out, you can repeat the alimentary canal washing.

## THE FOLLOWING DAYS

From the ninth day, do not wash the intestines. Even if there is still something, it should not constitute any problem. You can deal with it after a few weeks, unless you clearly feel that something is putrefying in the intestines. If you have flatulence, something is rumbling in the intestines or you feel that there is too much gas, then you can perform the alimentary canal washing in the third week. Later, if you still have the same problem, repeat the washing in the fifth week.

It may happen even later, even after, say, two months, that the same problem appears – too much gases in the intestines. This may indicate the presence of putrefying matter in the intestine, e.g. remnants of rotting tapeworm which was not removed by the body yet. Then one can wash the alimentary canal again. However, one has to be very careful, because the body is now very sensitive and reacts to much smaller amount of liquids. Also, this is not a neutral procedure for the body during that time, this may even harm the body. For that reason, have your mentor close to you.

The closer to the end of the seven-week adaptation, the proportionally more mind exercises, in relation to the energizing ones, you ought to perform.

Energizing exercises do power the body, but they are just a bridge to get the body fully across to liberation from food, even in the form of sucking energy from outside.

The body can function perfectly just because of its owner's will. In other words, when you see in your imagination that the body functions perfectly, because this is your will, then this is materialising itself in the reality. In this case we talk about inedia.

The body can function properly because of:

- proper diet, that is, individually selected proper material food, when using Conscious Eating;  
or
- energy drawn from the environment by energizing exercises, e.g. prana drawing by breathing, sun gazing, *tài-jǐ*, *qì-gōng*;  
or
- energy created by the mind, by mind exercises, e.g. contemplating of joy, visualization;  
or
- the will of the body owner, thanks to modifications made in the instinct by, e.g. visualization, hypnoses.

During the preparation, you introduced proper diet and gradually sublimated it, in order to achieve the powering of the body only by energy, starting from the first day of the seven-week adaptation.

Then, during the seven weeks, you are adapting the body to be powered only from the drawn energy.

Then you gradually increase the share of the powering received by mind exercises, mainly by contemplation of joy, contemplation of IAM and visualization.

Then the final result is reprogramming done in the instinct, thanks to which, programs of body powering do not need anything from the outside. The body functions properly just because this is in accordance with your will. You are based on the Inner Power manifested by IAM. Joy naturally emanates from you. You feel Love – the indication that Life is being created.

## ALL DAYS OF THE ADAPTATION

During the seven-week adaptation you conduct your life according to your likes and plans. You do not have to be completely isolated from the life conducted up to now during this time.

So, if you have office work to do, you can do that with joy. However, long seating with electronic devices and tiring work are not recommended.

If you have to work at the desk for several hours, take breaks often. Go outside to do physical and energizing exercises. Also, take breaks for mind exercises. Remember not to allow weariness or tiredness of the body to happen due to office work.

The same is in case of any work – you can do that, as you have been doing up to now, but make sure that you treat it as a pleasure, not as a pressure. Take breaks for energizing and mind exercises.

During these seven weeks, if you find your body weaker and weaker, and you feel hungry all the time, your dizziness does not pass, your heart beats faster, or even more unpleasant resisting symptoms occur – it would be more reasonable to go back to normal eating.

Every man reacts differently to giving up food. The body and mind of every man behaves in different ways during the seven-week adaptation – this is why individual approach is important. Out of concern for your body, consult your mentor and decide what to do next, so that the body is not harmed and so as to provide the body with all that it really needs.

## THE LAST DAY

The forty ninth day or any other day that you decided to set as the end of the adaptation time, is a symbolic limit. From this point on, you keep your body functioning properly entirely without food.

You have programmed the instinct to the degree that the body functions perfectly without you paying attention to it.

or

You have achieved full powering of the body by performing mind exercises.

or

Your body is in a perfect shape without eating, if you power it with energy drawn from the environment, by performing energizing exercises.

When one of the above happens, your body is healthy and you feel very well, then you can consider the adaptation finished.

## RETURN

You are going back to your “normal” life, which differs a lot from the seven-week adaptation. It is worth to still pay attention to the condition of your mind and body. The most advantageous condition is when you are naturally emanating joy and the healthy body is full of energy.

There are many factors that can make the body weaker. Some examples include too intensive work, insufficient physical activity, polluted air, harmful radiation, loss of energy through emotions, staying away from nature, lack of sunshine, too few energizing exercises, or unconsciously made negative visualization.

Take care of your body and feel what it needs. If you are unable to keep it in a perfect shape, even when exercising, then the only sensible decision will be to go back to “normal” nourishing of the body.

First of all Love your body. Love yourself. Let joy naturally emanate from you – then you will feel Love all the time. Commonly speaking, this is called living “in high vibrations”.

Either way, I suggest, do not force your body to living without food, because that harms it. Do not fight with the body. Fighting produces wounds and victims – who becomes the victim, when you are fighting with the body?

It is much more advantageous to go back to normal eating instead of fighting – this solution is chosen by man following common sense.

You know that living without food makes you neither worse, nor better, nor

extraordinary. Although you differ from most people on Earth, because you have chosen a way that is rarely walked on, still you are one of many people.

Someone may ask you:

“You are not eating – so what?”

Well, nothing, just playing like that. ☺

# SYMPTOMS

When referring to a symptom here I mean a usually unpleasant reaction of the body or psyche caused by the changes in nourishment. When you are changing the diet, fasting or adapting the body to living without food, symptoms may appear, especially if this is done quickly.

Writing about symptoms herewith, by mentioning the word “fast”, I refer to either or all of the following situations: diet change, heal fasting or adapting the body to living without food. So when you read “fast(ing)”, you will understand that it can also apply to a diet change or adapting to living without food.

The following descriptions are quite general and they have exceptions, because every man is a different world. General description, recommendations and procedures are not completely suited for most people, thus it is advisable to consider them as frames only. Treating every man individually gives the best results, conclusions and indications.

The intuition is the best adviser. If you can hear it well, you need no advices. If you cannot yet, then judgement is your best adviser. Descriptions below may have a bunch of valuable information.

First of all, do not fight against the body. Fighting results in casualties. When you fight against the body, who is the casualty? Instead, Love your body and keep it in discipline.

I will not describe all the symptoms here, only those experienced most often. Many things may occur because every man reacts in a different manner. If you are not afraid, there is very small probability that something endangering your life will happen. Properly conducted fasting never causes any illness.

If you have any doubts during fasting, stay in touch with competent man. The best is to be in touch with a doctor, who is experienced enough in healing by fasting.

It results from my observation that no more than one percent of doctors have sufficient knowledge about heal fasting. Even among those doctors who prescribe fasting for healing there are some who sometimes give harmful recommendations. Of course, it is better to find such a doctor instead of falling into the hands of another one who would know nothing or too little about this most efficient physical healing method known on Earth.

The symptoms listed below are temporary, they last from a few seconds to a few weeks maximum; they may manifest constantly or in bouts, changing intensity. Some people almost do not notice them, so they have no related problems. However there are people who feel so overwhelmed that it seems to them they may be dying. But with most people, who are generally regarded as having “normal health”, only some symptoms appear for a short time. The observed regularity makes for a general rule that the more ill man is, the more symptoms may appear, they will last longer and be more ailing. It so happens because the symptoms are direct results of cleansing and healing of the body and mind, which takes place during the fast.

1. fear
2. weakness
3. dehydration
4. dizziness and fainting
5. nausea and vomiting
6. weight loss
7. emaciation
8. pain
9. psychological instability
10. different reality
11. changes on skin
12. feeling cold
13. fever
14. loose teeth
15. loss of hair
16. swelling joints
17. others

## FEAR

Fear may be the biggest problem for a fasting man. When fasting (or in other life situations) there is nothing more frightening than the fear itself, which also becomes the biggest danger for fasting man.

If you are afraid to fast – either do not do it (in order not to harm yourself) or do it with man whom you trust so much that you lose your fear. There are so many people who having been suddenly deprived of food, died just after a few days, when the real fasting process had not even started. Forcing man to fast, when they are afraid of fasting, is dangerous for the body life, not because of the lack of food, but solely because of their fear.

If you start to feel fear during your fast, then the more you fear for your health and life because of the fast, the sooner you should stop fasting. Fear about other things also has the power to damage. Man is more sensitive when fasting, so any fear may cause more damage.

Fear is the state of complete absence of Love (the power creating Life – as described earlier). This state causes Life to vanish. Therefore, the less Love manifests itself through a being, the more the being feels the lack of energy creating Life, thus the being feels more fear. So if you feel fear, it means that you are inhibiting / suppressing Love, the only source of life for your mind and body. If you allow Love, of which precisely you are the source, to manifests itself more, then fear will vanish. Fear and Love never co-exist.

If you decide to get rid of the approaching fear, you may use this exercise, which frees Love from within you.

Sit or lie down in a relaxed position and become silent. Breathing freely and calmly, focus on feeling Love, of which you are the source and which naturally emanates from you. Feel that in the centre of the being that you are, the source of your life is present. This source always emanates as intensively as your mind allows it. So now let it manifest itself fully. Let it shine like a sun, warming the whole of you and the surrounding. Allow completely, and feel Love. Feel, feel ... how Love overwhelms you and everything around you. Do not create Love, do not create something of which you are the source – Love manifests itself if you just allow it.



## WEAKNESS

A feeling of physical weakness is one of the most common symptoms. One can even say that to feel weak is normal. Some people strongly bound to eating (the addicts) feel weakness after just a few hours of fasting. This feeling of weakness indicates that the body begins to feel the difference in delivery of nourishment in form of food. The rhythm is disturbed, therefore the body starts to react.

In one group of people the weakness may never happen (this is rare), in another group it happens once or just a few times during the whole fast, for the third group the weakness is a full time companion. Regardless of the cause and duration, the weakness indicates low level of life energy of man in question.

How to deal with this? Well, it depends on the situation and man. If somebody is too active physically, it is better for him/her to rest or even to lie down. Also the opposite may happen, that somebody is resting, sitting, not moving all day – then they should go for a walk, cycle a little, swim or exercise.

During fasting, time mild physical and energizing exercises are highly recommended. The movement and better energy flow allows the body to clean itself deeper and faster. Doing energetic and exhausting exercises is not recommended. Moderate gymnastics and exercises, during which the mind is concentrated on feeling the energy instead of making the muscles tired, have much better influence on the body. Isometric exercises, yoga, *qì-gōng* and *tàj-jí* influence people very beneficially and are even salutary. It is worthwhile to do them everyday except the times when the body clearly needs rest through sleeping.

During fasting there may be hours or even entire days when the body feels so weak that man does not have the strength to walk and they feel like doing nothing but resting. These are the times when the body requires rest, preferably sleep. It may be caused by a toxin induced disease.

It is good to be able to feel whether the body requires rest or grows lazy and needs exercising. It would be wrong to sleep when the body needs exercising. Exercising would be too big a load when the body needs rest.

Judgement and ability to distinguish are valuable qualities of fasting man. When the real need for resting arises, it is worth to go to bed and sleep. However if this state lasts for too long (say, for over three days) and you do

not find any illness in you, it is worth to discipline yourself and do some energizing exercises.

Too much of lying down and sleeping makes the body weaker instead of giving it energy which man needs so much at this time. The blood pressure goes down, the blood circulates slower and the metabolism slows down. This makes both the eliminations of toxins from the body and the self-healing process slower. In such situation the energizing exercises help a lot and make man feel better.

If the weakness lasts too long, especially after the first three weeks of fasting are passed (for man with normal weight), this indicates that the time to resume eating is approaching. But not always, because there may be other reasons, for example, serious illness, lack of fresh air, too high air temperature, too much physical work or weakening agents. So to take the decision whether to stop the fasting or to continue it, depends individually on the cause and the health state of man.

## DEHYDRATION

When you decide to give up drinking, you begin dry fasting or dry non-eating. Statistically the human body can live without water for over a dozen days. For how long you can stay without water, depends on several factors, the main one being reaction of the instinct, but also air humidity, temperature, physical activity, the amount of minerals (that is salt and other substances to be washed out) and fat reserve. The safe period in optimal conditions is about four days.

During dry fasting in optimal conditions the body uses between 0.1 and 1 kg of fat daily to produce water. This is the approximate daily loss of weight. An overweight man can survive longer without any drinks than a thin man, assuming that their bodies are in roughly similar condition, have similar quantities of minerals to be removed and the people have the same amount of life energy. The body of an overweight man has more fat tissue which is used to produce water during dry fasting.

If man is not prepared for dry fasting or does it for too long, they may dehydrate the body too much. Excessive dehydration causes many abnormalities in the body functions, which may result in its death.

Therefore, when dry fasting one needs to check often whether the body shows signs of too much dehydration. Dehydration level of as little as 2% is

clearly felt as strong thirst. When dehydration exceeds 10%, it becomes life threatening and should therefore be warded off. Visions, hallucinations or faltering caused by dehydration clearly indicate that man is balancing on the edge of life. In such case one immediately needs to thoroughly hydrate the body as soon as possible.

If life threatening occurs, one must immediately drink water, take a bath, pour water into the large intestine and consult a doctor. Dehydration that went beyond a critical point is irreversible. This means that attempt to hydrate the body does not rectify the situation and the body is incapable of absorbing enough water. This leads to the arrest of bodily functions.

If you do not have enough experience to ascertain the level of body hydration, you would not know when dehydration becomes dangerous. In this case it is more secure to stay in touch with an expert in this area during your dry fast.

## **DIZZINESS AND FAINTING**

These are frequently experienced symptoms; only a few of those fasting for a long time can say that they had not experienced them. Especially people with low blood pressure may experience unpleasant situations. These people need to take special care not to allow the blood pressure to fall too much, because it may be hazardous for the proper work of the body. If you are one of these people, you would better start with some fasting training consisting of a series of gradually extended fasts. In this way the body will partly cleanse itself and learn to react with lesser drop in blood pressure.

Another solution (not really a good one) is to drink herbs during the fast – in much smaller doses and only when the real need arises. A lot better solution is doing energizing exercises, acupressure, acupuncture, massage and similar treatments that increase the blood pressure.

Many people give up fasting because of dizziness and fainting. These symptoms look grave enough to shake even a self-confident faster and make him/her apprehensive about the state of their body. Dizziness or fainting is not as dangerous as the consequences they entail, so this is where attention must be directed. The most important is to make sure that man suffering dizziness or fainting does not fall down because they may wound themselves.

Dizziness, ranging from slight to loss of consciousness, is most often caused by too low blood pressure and/or too low blood sugar level. When fasting the body undergoes many truly revolutionary changes. One of the symptoms of these changes is fluctuation of the blood pressure (especially dropping).

The lowered blood pressure is mostly felt between the first and the fifth weeks of fasting, with changing intensity. Later, with self-cleaning of the body and its adaptation to living without food, the blood pressure stabilizes at the optimal level for fasting man. Fluctuating blood pressure episodes may also come later. For each individual it will happen differently and will depend, among others, on the amount and type of consumed liquids, temperature, atmospheric pressure.

Changes in blood pressure per se are not as dangerous as the movements done by man. For the sake of personal safety, it is very important that man avoids sudden position changes from lying or sitting to standing. When rising, lean against something or support yourself by placing your hands on chair, table, etc. and slowly erect the body to the standing position. When you feel dizziness coming, stop rising or sit back. Do not move to fast too avoid blackouts.

It is a good idea to learn how to behave at the times of experiencing dizziness with blackouts. Blackout is a symptom of a sudden blood outflow from the brain, causing fainting. In this case adopt the low bending position, that is, the head lower than the trunk and the hands put down in front of the head. If you feel worse, squatting will help in most cases, so put your hands firmly on the floor (lean on them) and lower the head down freely between the shoulders.

If the dizziness persists, rest for a while. Lie down and raise the legs leaning against the wall or a chair.

If the fluctuations of the blood pressure persist, cause frequent fainting or last for too long, consider carefully whether you want to continue the fast and consult a competent doctor. It is also very advisable to check your blood sugar level.

## **NAUSEA AND VOMITING**

These are common symptoms of the body undergoing self-cleansing process. The body of fasting man does not use energy for digesting, therefore it

can use the energy for self-cleansing. In the process of dissolving and eliminating old concretions, accumulated toxins and excess fat, the body releases different substances into the blood. The blood, circulating through the whole body, passes also through the brain centre, which controls nausea and vomiting reactions. So the toxins circulating in the blood cause the unpleasant symptoms, like pain, nausea or even vomiting.

Other reasons of such acute reactions may include ulcer, abscess, cyst, improperly healed wound, accumulated and crusted (glued with mucus) substance, tumour – about which the fasting man might even have no knowledge. The body opens all such things and tries to get rid of them in different possible ways. This is the reason why it is better to help the body with fasting in such situations. Starting to eat when such situation arise means stopping the cleansing and hence the healing.

As an example let me tell you of the case of man, about 40 years of age, who in his childhood was treated with “medicines” containing mercury compounds. On his 9<sup>th</sup> day of fasting he suddenly felt so bad, that he fell down and started vomiting. Immediately after this he felt much better. In the vomit he collected a quarter of glass of mercury. The conclusion from this story is that the body accumulated and stored the mercury in his childhood and decades later, during the fast, the body opened the box in order to throw the contents out.

Usually there is no big need to be concerned about nausea and vomiting, because waiting from a few hours to a few days (in rare cases) solves the problem. It is helpful to walk in the woods, near a lake or to do some energizing exercises, because movement helps the body to detoxify faster. Also, if you prefer, you can drink warm water to induce vomiting. If you feel nausea, and your intestine has not been cleaned with water, enema will probably help a lot.

If vomiting happens often or if it contains gall or blood, consulting a competent doctor could be useful. It is worth remembering that such vomiting indicates that the body needs longer fasting.

After vomiting one feels relief because the body has got rid of poison. Then sensible inflow of energy occurs and one feels much better (cleaner inside).

## **WEIGHT LOSS**

Also the process of weight loss, being one of the symptoms, should be con-

sidered individually. When an obese man is losing weight, it is a very beneficial process of getting rid of the excess and restoring the proper weight to the body. However, when man who is already thin is still slimming down, emaciation may occur. In the former case, to continue the fast is more beneficial for man. For the latter it is better to start eating again.

The rate at which weight loss is occurring, is an individual matter. It usually stabilizes after the first few days of fasting. The decreasing weight, occurring in the first fasting days, is primarily caused by the body emptying the intestine and removing the excess water, which is even more noticeable during dry fasting. If, for example, the body loses two pounds a day in the first week of fasting, in the next weeks it may lose only two pounds a week.

In some extreme cases the weight loss may be as big as thirty pounds a day – I know of two people whose bodies responded in this way. There are also people whose bodies lost only a few pounds during the whole long fast. So, as you can conclude, there are no strict rules about how and how much body weight has to change during fasting.

During dry fasting the daily weight loss of an obese man may amount to two pounds (or more) because excess fat is used faster by the body to produce water. Such rapid loss of weight in a slim or underweight man maybe hazardous for the body.

Experiencing weight loss as well as other symptoms accompanying fasting, first of all one should be guided by reason. Typically man of normal constitution is able to keep the power of life in the body for up to two months without any food. If the body weight is constantly going down during this time, it clearly shows that the instinct is not yet able to run the body properly without food.

Man who constantly sees their body as too fat despite it being too thin already, is considered anorexic. Fasting or adapting the body to non-eating is not for anorexics. These people should first address and cure their mental disorders (which are main disease factors causing anorexia).

## **EMACIATION**

Emaciation can be caused by forcing the body to fast for too long – in such case emaciation is caused by too big loss of the body weight and building material deficiency. Then also the life energy level is too low for man to function normally.

Emaciation can be compared to the state that describes man “with one leg in the grave”. The next step is leaving the body (that is death). If man does not intend to do this, then the earlier they resume eating, the more advantageous it is for them.

Statistically, in case of a “normally” nourished, not too thin and not too overweight man, fasting for the period of up to seven weeks does not cause damage to the body. But after this period the deficiency of the building material may become too big for the body to continue to function well. The process, which can be described as the body-eating-itself, begins. This means that cells die. They get removed but are not replaced by new ones. When the building material for nerve cells (including the brain) is in shortage, body life functions begin to switch off.

Therefore, if more than a month has passed and your body is still very weak, you have “no strength” for physical activity, you cannot get up from the bed in the morning, you are not emanating happiness and optimism – this is a clear indication that you should end the fast. The instinct has not yet learned to power the body from non-material sources. In this case do not fight against your body, do not harm it. A more advantageous and wiser act is to gradually resume “normal” eating. In the future, when you have more experience and the instinct is programmed better, you can try again.

## **PAIN**

You may feel pain in any area of the body, although it usually does not happen all at the same time. Headache is most frequent, usually appears first. Other aches, in the region of the heart, stomach, liver, kidneys, joints, spine, intestine and muscle, may occur at any time and may last from a second to a few days (longer lasting pain is quite rare).

Pain during fasting indicates that the body is eliminating the cause of disease in the organ concerned, that is, it repairs it (restores the organ's perfect state and function). So, this is a reason to be happy rather than to be afraid. The bigger the organ's problem, the more it can ache and the longer the repair lasts. It happens quite often that an organ aches although the fasting man considered it healthy. Until the pain appeared man was unaware of the organ's disease.

The longer man is fasting, the fewer aches appear – this is the result of the self-cleansing and self-repairing processes in the body. But it may also hap-

pen, that after a few months of happy life without any food, a piercing heartache suddenly appears. In this instance most often it is an indication of an energetic change taking place (for example, increasing activity of the chakra), reaction to higher perception in non-material dimension, self-cleaning of the aura. This pain is not caused by a physical change in material body organ.

Other causes of frequent pain which happen during fast are physical movements of body organs. During fasting some organs shrink and fat tissues are eliminated. This causes changes in the muscle tone and the relative position of the body organs. This may be clearly felt especially in the abdomen.

I recall having pain in my abdomen, in July 2001, lasting for about two weeks; quite unpleasant because it was difficult for me to sit upright or lie down straight for more than just a few minutes. Only when I bent the body, the pain stopped. The cause was the increase of space under the diaphragm. This was caused by factors such as complete emptying of the intestine, shrinking of the intestine, liver and kidneys, eliminating of fat tissues from this area. Thus the diaphragm was forced to work harder, because it was not supported from below as much as before.

Apart from the pain occurring due to energetic changes or those caused by the movement of internal body organs, another strong pain may suddenly appear. In such case you may need to consult a doctor. As an example let me relate to you another experience of mine.

In the fourth month of non-eating I suddenly started to feel a strong pain, piercing to the point of fainting, in the right part of the abdomen and the back. I went to a hospital begging for an immediate strong painkiller. Later, after a few hours of examination, the doctor said that it was caused by something which clogged the ureter. My conclusion was that only after four months of non-eating, the stone that I had in my kidney had fallen into the ureter. Because it was larger in size, it caused so much pain when moving down.

As you can see, this or other kind of surprising pains are entirely possible. In some rare situations an unexpected thing may happen that may be dangerous for the health of the body, to which the body will react with a strong pain. In this case it is advisable to consult a doctor. But most often it is not a reason to resume eating.



## PSYCHICAL INSTABILITY

Among fasting people there are people who ask me: why does so much anger, hatred, irritability etc. manifest itself during fasting? The fasting man wonders where this huge flow of negative emotions comes from and why. On the other hand family members agree that it is difficult to bear such man. That is plausible because a fasting man going through such a process may be unpredictable. For example, they can “without any reason” throw a jam jar against a wall, explode with shouting at another man or burst into tears. The mood of this man may change in an instant.

Other fasting people feel psychical reactions manifesting itself through sadness, resignation or lack of interest in anything. To these people the feeling of “meaninglessness of everything” becomes familiar. On the one hand, man feels like doing nothing; on the other hand, man feels remorse because of their laziness, and also sees “the meaninglessness of life”. Some of these people say that they have had enough of this life, they see it without purpose and they do not want to live any longer or they prefer not to exist at all.

The described reactions come to pass because the psyche is being cleansed. Fasting cleanses not only the physical body, it does the same to all other human bodies. Therefore also the mind is cleansed, its toxins come to the surface and blockages get released.

By the way, this mind cleansing makes man perceive things as they truly are. That is why man can realize the true sense of life, that is ... that it is just a game, that it has no sense unless you create it in your mind. What can man, who just discovered the true sense of life, feel?

Another cause of psychical instability may be non-material (also known as astral or mental) parasites attached to man's body. Such a parasite or a vampire is a non-material being who feeds on emotions and thoughts of man. Most inhabitants of Earth feed such kind of creatures on themselves.

Most often these parasites attach themselves to people full of fear, anger, hatred and other destructive emotions. Such a vampire nourishes itself precisely with this kind of emotions. The more often and the stronger one reacts emotionally, the better the vampire feels and the more parasites this individual can feed. When man stabilizes themselves emotionally so that they do not emanate any bad emotions and thoughts, their parasites are starving and feeling unwell. Fasting leads to softening of emotional outbursts. The parasite then will push man to manifest bad emotions, because it

is hungry for them. If the fasting man will not give in for a sufficiently long time, the parasites will leave and man will be cleared. Dry fasting, combined with contemplation of Love and Light, is extraordinarily efficient in this case.

Another reason for different emotional reactions is increasing sensitivity to stimuli. The fasting man will gradually cleanse their bodies and their senses. When the purity of the physical and non-physical senses increases, the level of stimulus required for perception to happen, decreases. Clearer senses are more sensitive for stimuli and they function in a larger spectrum of perception.

Man may not be prepared for this, so the usual intensity of stimuli may be too strong. Too strong stimuli may irritate man. For example, what was perceived as conversation of normal loudness until now, may be perceived as clamour or even shouting during fasting, therefore this may be irritating,

Besides these emotions, the fasting man may experience also the opposite e.g. sudden appearance (i. e. as if without any reason) of happiness, feeling of ease (no-problem-ness) of life, Love emanating from the within.

During fasting, different pleasant and unpleasant emotions, accompanied by certain reactions, may appear. It happens differently with each individual. In every case, it is a beneficial cleansing process, so it is one more reason to be happy rather than to be worried.

Some people may exhibit so-called paranormal abilities during fasting. In this case, man perceives information from dimensions other than just this material one. If man is unprepared, they may think that something is wrong with their psyche. Depending on their behaviour, others may consider man mentally ill, and even use their case to prove “how harmful” fasting is.

Psychiatric hospitals are full of extra sensitive people. Doctors do not understand what is happening to those people and prescribe chemicals reducing activity of the brain (they are muddying it). Additionally doctors make those people believe that they are mentally ill (the family joins this hypothesis), creating suggestion which influences these people so badly. These “ill people” need instructions about the worlds (dimensions) other than this material one, not chemical and mental poison. Many of these people are extraordinarily developed individuals, who got lost and now need to learn more in order to understand and use their abilities.

Psychical instability may last for a long time, a few months or even years.

Individually selected mental exercises are very useful to help man to control the mind and senses better.

If, during fasting, you experience emotions accompanied by reactions, which you want to get rid of, you can practise the contemplation of Light and Love. It is, in fact, the contemplation of passiveness, in which you prepare yourself for feeling and manifesting Light and Love (of which you are the source in your essence). The more you allow Light and Love to manifest itself through your mind and body, the earlier so-called negative emotions will stop tormenting you and the sooner immaterial parasites will leave.

## **DIFFERENT REALITY**

After a few weeks of fasting (or earlier) you may notice that the way you see and understand the world has changed. Also your thinking and acting in this world have changed. Some matters, objects and actions have changed their values (in your opinion, of course).

There are many possible ways of experiencing this new perception. You look at people and at what they do as if you were watching them in a theatre, because you feel yourself as if you were not present here, as if you were not partaking in the existence of this world.

Some things that you used to do and some subjects that you were interested in became unimportant or even worthless, although they used to be valuable and useful to you before. You have the impression that some things you are learning again from the beginning, so activities like driving a car, ironing, typing may be felt as a new experience. Things which used to be done automatically may now demand special attention – as if you had forgotten how to do them.

Other things, which used to require concentration, you can now do more easily, they become more natural. You take notice of and pay attention to sights, sounds and odours which did not draw your attention before. You can notice many more psychical changes. You may get the impression that this state is similar to being under drug influence.

Generally speaking, the perception and understanding of the reality of the world have changed. You may even suspect that something is wrong with your psyche. Your family members and friends may also notice your other “strange” reactions.

So what has happened? Many changes have occurred. The parts making up your mind have changed their activities, for example, the intellect became calmer. Also the endocrine glands work differently, for example, more endorphins and less adrenaline are excreted.

This state may last for some time, the length of which depends on an individual. It is a good time for observing yourself and learning from it. There is no reason to worry, if the body is not in the state of emaciation or exhaustion. So you can enjoy the new experience.

## **CHANGES ON SKIN**

The skin is the place where the cleansing and eliminative functions of the body can be observed. The sebum and sweat contain substances unwanted by the body, which are harmful to it and are therefore eliminated (this is where different odours come from).

To put it simply, the skin is linked with the intestine through the liver. There is even a saying that the skin of man reflects the state of the large intestine and the liver. Of course, the full picture of skin condition consists of more factors.

When the body expels a poison, it can do so through the skin, which then reacts with reddening, rash, eczema etc. If man has skin problems, it is quite likely that they will re-appear when man is fasting, because the body is getting rid of the toxins which cause the problem.

Changes on the skin during fasting may also be caused by an activation of an old disease. However a new disease coinciding in time with the fast may also cause skin changes. In the majority of such cases, the best solution will be to continue the fast, so that the disease will leave sooner.

In extreme cases, when man continues to fast despite emaciation of their body, skin changes may indicate a disease, which man will not be able to get rid of. In this case the body and its immunology system are too weak, so the better solution would be to begin eating again.

Summing up, allergy, rash or other skin problems appearing during fasting are not reasons to stop, but rather to continue fasting (except in the case just mentioned).

## FEELING COLD

If you or your relatives have ever fasted, you probably know what it means to feel cold during fasting. Although it is warm outside, the fasting man has cold hands, feet, nose and even ears. man may even be sniffing as if they had a cold. All this happens despite man being warmly dressed.

I have seen with my own eyes and have been told about “non-eaters” who were dressed so warmly as if it was winter, although the temperature was 25 degrees Celsius. Their hands were blue with cold, their face was suffering and their body was covered up because of the cold they were feeling. One of my acquaintances have even said: “It is difficult but quite usual to feel cold when fasting.”

Man feels cold not because of insufficient clothes or low temperature. Of course, the society suggestion has formed some human reactions which result in the body feeling “cold” or “warm” depending on the temperature.

The main factor in feeling the temperature is the amount and the way of using energy in the human body. To put it simply, if there is enough energy man does not feel cold even if it is frosty outside and, similarly, does not feel hot in the heat. man will feel well in a much larger range of temperatures. But if energy is lacking, or man does not know how to use it to control temperature perception, then they feel too cold or too hot.

You can conclude from this that if during fasting you are suffering because of feeling cold, you can help yourself by concentrating on releasing the internal energy. To make it happen, things like energizing exercises, visualization and alternate shower (with cold and hot water, described below) are useful. Doing them regularly will make man free from susceptibility to cold.

Drinking a lot of hot drinks is not a good solution. At the time of drinking and shortly afterwards you feel warm, but at the same time the body is loaded with too much water, which overloads the eliminative system. The flow of energy (and resulting susceptibility to temperature) causes what we call feeling cold or warm. You can easily learn that feeling cold or warm is subjective and depends on managing your internal energy. If you concentrate on releasing warmth, after a while you can feel a difference. So when you practise the contemplation of the warmth, this will allow you to reprogram the instinct in the way that will enable you to always feel comfortable regardless of the temperature.

The physical factors most affecting your feeling of external temperature are mainly the functions of the intestine, liver and spleen. So if these organs do not function perfectly, they block the circulation of energy. By simply cleaning the large intestine, which will clean the liver automatically, makes man feel the energy better, not feel so cold in the winter and perspire less in hot summer.

## **FEVER**

The body increases its temperature when it is coping (killing, removing) with parasites – this is one of its self defensive functions. As happens during fasting, the body eliminates disease causing loci by opening a concentration of, for example, bacteria. They consequently circulate in the bloodstream through the entire body, causing fever. So a natural healing process of the human body is taking place.

If fever occurs during fasting, usually the best solution is to wait until it is gone. Drink more warm water (no tea, no coffee, no juice), go to bed, rest, sleep more. Usually the body will get well within between a few hours and a few days.

To take a drug lowering the body temperature is almost always a mistake, because it harms the body's natural mechanism of temperature control and poisons the body with chemicals. However, when having acute and very high fever, it is advisable to call a doctor with sufficient knowledge about heal fasting.

## **LOOSE TEETH**

After a few to more than a dozen days of fasting you may start to feel that the teeth are fixed much looser. It is easier to move them with fingers and, as it seems, to pull out. Furthermore, you feel that something is oozing (pus) from between your teeth (particularly the upper ones) and it has very unpleasant odour.

This is also a result of body's self-cleansing function. Usually sinuses cleanse themselves in this way. Many people do not even know that their sinuses are clogged with mucus, because it only shows up when they start clean themselves out.

After a few to more than a dozen days the loose teeth get back to the previous state and are fixed in the jaw even stronger than before. However, secretion of mucus and pus stops earlier and so does the unpleasant odour associated with it. So there is no need to be afraid that your teeth will fall out.

If the gum or a tooth are diseased with caries or broken filling, they can cause loose teeth with blood trickling from the gum or from inside of a broken tooth. For teeth in this case, the assistance of a dentist is advisable. For the gum it is better to wait a little longer, because it will most probably heal itself after full cleaning is completed.

## **HAIR FALLING OUT**

This happens more often to women than to men. The concern is about losing more than 50 to 100 individual hairs a day (depending on man). If in the first 40 days of fasting hair falls out more than 'normally', there is no need to worry unless the body is emaciated. Even if a lot of hair falls out, later you may notice that they have grown back stronger and maybe even thicker.

If body is thin and hair starts to fall out after the sixth week of fasting, it can very well mean that the body is in the process of emaciation. If a gaunt man is fasting and notices losing a lot of hair, it may be a clear indication that the fast does not well benefit man.

For an obese body, there is no danger of emaciation until the perfect body weight is restored. During this time, losing a lot of hair is a temporary phenomenon. Later new hair will grow in place of the lost one.

## **SWELLING JOINTS**

This occurs during the first or second month of fasting. Joints are swelling up but there is no pain. This mainly happens to the knees and tarsal joints. You can also feel pain if the joint was ill before, because now it is being cleaned and repaired as much as the body can do it.

Swelling of joints may also be caused by drinking water containing salt (e.g. pickled cucumber or sauerkraut brine) or even by drinking too much

water during fasting.

When joints are swelling even though man drinks very little or is dry fasting, it means that the body is cleansing the joints from accumulated salt deposits. So there is nothing that needs to be done, just wait, because the swelling will dissipate after a few to over a dozen days. To take in chemicals (called medicines) against swelling in such a situation most often is a mistake.

## **OTHER**

Every man goes through fasting in different ways. There are many possible symptoms in the spheres of psyche and body which may manifest during fasting.

It is more important and beneficial for the fasting man to keep in mind a favourable picture, in which perfect well-being and health dominates (right visualization). Concentrating thoughts on a symptom may exaggerate it in the mind, that is, create visualization damaging man.

In case of most symptoms you may just wait until they pass, because they are caused by the self-cleansing of the body. The body needs time to eliminate the toxic material that had been retained in it. But all the time you should 'keep your eyes open', act with reason and do not allow any fear to prevail.



# WHAT TO PAY MOST ATTENTION TO

I have met many people who have tried to forcefully adapt the body to living without food. I often see that bodies of these people are suffering. This happens when one does not possess enough knowledge about reactions of the body and its organs. They do not know what forceful adaptation of the body to living without food may lead to. non-eating is not a fast, hungry days or starvation because it differs in the intention, conduct and result.

## FIRST OF ALL, COMMON SENSE

To reason means to consider all “pros” and “contras”, to anticipate all possible results and to consequently make decisions which bring benefits, not harm.

Attempting to start life style without food, behave with reason especially in respect of the body. Watch it objectively and carefully. When you see that non-eating causes more damages than advantages, stop trying.

Life gives many opportunities to try, you can try many times, so there is no need to force yourself on the first attempt. Every attempt gives more experience; the more experiences you have the bigger is your knowledge to usefully help yourself and others. If one acts with reason, one has smaller probability to make mistakes.

Life never ends – I often say it to people – so if you cannot accomplish something now, you can do it later, because you always have the time. Yes, you always have the time, you have all the time and you can decide what to utilize it for. Life never ends, so what you have not succeeded to accomplish this time, second, third or more times, you can still do it later. Every try gives a new experience, and this is why you are here.

You have decided to become an inediate? You have made up the plan, started with it, tried but it did not work? Any problem with this? Maybe yes, maybe no. So what?

Besides, you have a new experience, you know more about yourself and about non-eating. The path is still open, the world still exists and you are still living and creating your life.

## SECLUSION

Seclusion (being away from people) proves to be very advisable, in case of many people even necessary, during first few months of non-eating or fasting. Seclusion concerns not only people but also things and daily activities (e.g. work, contact with mass media, household). It is better to find a place which is not connected to home. It is good to go into the open nature, to a place far from towns, roads, people, and not to contact family or friends (except in emergency situations).

If you decide to stay in partial seclusion, that is close to or in another part of the house (so that you are there to act “in case”), you will probably want to make a break every day in order to meet man who can advise you if needed. This man can be your link to the “external” world if you are in need of something (a book, clothes), that is, be there to take care of you. If you both decide to do this, first establish the rules about the details of the contacts and help etc. It is more advantageous if this man has experience in the area of non-eating and fasting, so that they can advise you when you feel such a need, because different situations, doubts, questions, needs may arise.

Many people decide to stay in complete seclusion, without meeting anybody and not receiving any help. From safety perspective this is less advantageous. Seek advice and consider it carefully before you decide to do so. If you are thinking of what to do, feel the answer from within you. If you still have doubts, first go for the adviser option.

Why seclusion is important? It is mainly about silencing yourself and turning the attention of the intellect to your inner part, to the spiritual side of life. Apart from being in silence, man in seclusion, far from unnecessarily absorbing occupations (mass media, noise of the street, chatter etc.), has more chances and time to concentrate on processes occurring in their psyche.

During the seclusion performing exercises beneficial for man, like contemplation, meditation, visualization and also energizing exercises, becomes easier. It is worth to use this time to do the exercises because of all the benefits they provide.

## WITHOUT FORCING

It is better not to fight against the body because it is “the temple of the spirit” (in fact, the body is inside the spirit). The body is an integral part of the being called man. The spirit without the body is no longer man.

Fighting causes wounds, psychical harms and even casualties. If you fight against your body, who will be harmed?

How does the body of man develop who often forces it to do something, fights against it and harms it? Alternatively, how does the body of man who surrounds it with Love develop?

The body is administered by the instinct, which needs educating in the same way in which a wise loving parent educates their child. So if you do not successfully adapt the body to living without food in the time frame that you have set, you may need to do more spiritual work, not to starve longer.

The body informs you about its needs if you are tuned to feeling it. To be tuned to feeling what is the best for the body is more important than just thinking about this. Each body is different and communicates best with its owner through the feeling.

How many times I have seen man who convinced him/herself that eating something (e.g. potato, ice cream, honey, fish) is bad because it harms the body, is killing it etc. man was doing this despite the feeling that the body needs food.

Such behaviour was damaging to the body, which was manifested by man being sad, dissatisfied with their life, feeling pain and so forth. Only afterwards, when those people gave the body what it needed, they were in a better mood and health. So when they stopped fighting against the body and dealt with it as would a wise loving parent, the body responded properly.

Advices concerning nourishing, proceeding principles, methods of adaptation, and so on are less important than the needs that you feel coming from your body. When you perceive them well and allow the body to feel your love, it develops in the best way possible. Applying discipline to the body, you make sure that it will give you most of what it can do.

What is discipline? It is systematic activity full of reason and love, with the aim of achieving something. The discipline does not know forcing because

it only has good in mind. Applying discipline, one can adapt the body to many things which are considered impossible.

It is an important skill to be able to distinguish between discipline and forcing, because the line between them is not clear. When you rely on feeling the body and you have the right knowledge, you know what still an act of the discipline is and what already is forcing. This skill is very useful when you are keeping the body in discipline, especially when you are eliminating addictions (eating too much is one of them).

## **LIMITED BELIEF IN INFORMATION**

In a subject area that you have not explored enough and where information is not readily available, misunderstandings can arise. This is also true for inedia and adaptation methods to inedia or non-eating. Some information becomes so popular that most people interested in the subject get to know this information as something compulsory for progression on the path to inedia.

One example. Information suggesting that one has to go through the “21 day process” in order to become an inediate, has been rooted quite deeply in public consciousness. This information is an example of misunderstanding of what this life style is about as well as lack of knowledge about methods assisting in realization of the intention.

For your own security, if information is unproven by you, it is worth to consider whether and how you will use it? In this case, a good solution is to be in touch with man having enough knowledge about the matter.

Also it pays to remember what I have emphasized before, that any information has one of the attributes, it is partially or wholly true or false. What is written in books (even those considered great or holy) and what other people say (even those considered authoritative or holy) still has one of these attributes. This is why, when you do not have proven information, you would better rely more on you feeling of the intuition than on things said or written by others.

Even if something is true for one man, it does not have to be so for other people. In other words, what is true in the world of one man, that does not have to work in the same way in the world of other people. Every man is different, the world of every man is different, thus same data may have different attributes. Something can be true and false at the same time.

If you act based on false or insufficient data, you are going to make mistakes. In case of the adaptation to life without food it can be risky for your health or (in extreme cases) life.

Let me give you an example. I have met people who tried to do what they believed will make them non-eaters (the 21 day process). Even after having failed a few times they were still questioning themselves on what went wrong, instead of realizing that the way was wrong. They believed in information, which was false for them, that the process makes man non-eater.

## **ALONE OR WITH A MENTOR**

Consider, whether during the time of the most intensive adaptation of the body to inedia or non-eating or during long fasting (if you are planning to do this) you will be in touch with a mentor (caregiver). A mentor is man whom you trust, who has rich experience, who can visit and advice you even when you are in a seclusion. If you do not meet the mentor, you can speak with them on the phone.

Such meetings with the mentor are done in order to check if everything (with you) is right or if you need something (help, advice, object or passing a message).

Also consider whether you belong to those people, who do not benefit when meeting any man (even a close friend) during the seclusion. Some people need a complete seclusion. Meeting anybody, even for a short time, causes them more stress than gladness. If you feel the need to be in a full seclusion, at least tell your relatives and intimates where you will stay, for how long and what you will be doing.

Even if you have decided to be completely alone, make sure that, just in case, you will be able to contact an experienced man, because you may suddenly feel that somehow you need this.

## **HALLUCINATIONS OR VISIONS**

The sensitivity of a fasting man or one becoming an inediate is increasing, what can cause hallucinations. If this happens occasionally, it is no prob-

lem, but if the frequency of the hallucinations increases, you would better go to see a specialist. The reason may be temporary harmless disorders of the brain – this is no problem. It would be worse if the disorders (defects) were permanent and needed to be cured. Too long (that is harming the body) fasting causes hallucinations. So this is an indication for ending the fasting.

It is worth to learn to distinguish between a hallucination and a vision that is seeing what exists in the non-material world (non-perceptible for most people) or not in this time. Self-cleaning body allows the brain and the senses to work better, which may cause the so-called paranormal abilities to appear more intensively. One of these abilities is to see other beings, dimensions and times.

Hallucinations are evidence of disorders happening in the body and they may be an indication that the adaptation process is too intensive. They also may be a temporary mind states caused by toxins being eliminated from the body.

However, if the visions are caused by the para-senses becoming active and waking of the paranormal abilities, they are not hallucinations and are not a subject for a cure. They need you to learn, how to rightly use them and how to interpret them. People knowledgeable in the matter may help, so it is a good idea to stay in touch with them.

## **GOOD HEALTH**

There are people who mistakenly think that inedia is heal fasting. They think inedia or non-eating are methods to heal the body. Inedia essentially differs from fasting. Inedia may be a life style, which a healthy man begins with. Heal fasting is a way to bring back good health to man.

It is advisable not to start the intensive adaptation of the body for living without food if the health is not good enough. Propitious sequence is that man first makes him/herself fully healthy (for example via fasting) and then man can start the adaptation for living without food. It is more difficult to adapt yourself if the body is not healthy enough, because the process becomes longer and unpleasant.

Many people, even if they feel well and do not notice any symptoms, are not conscious about the fact that some of their organs are ill. Most often this concerns the large intestine, liver, kidneys and spleen. For example, most

people of the so-called western society have mycosis of the large intestine (at the same time one may have a few mycosis), parasites in the alimentary canal or other illnesses, which do not cause directly perceptible suffering, e.g. pain. Using simple cure methods one can get rid of these health problems.

One of the cases that starting inedia or non-eating should be dissuaded is mental illness. It is better never to mention about inedia to a mentally ill man, so that they will not harm themselves. But if such man decides to pursue inedia, he or she must be carefully watched.

## **BODY TEMPERATURE**

Living in a not tropical climate, while intensively adapting the body for living without food, it is worth to pay more attention to a common symptom – feeling cold. Most often the hands and feet are cold, almost icy, even when the air temperature is comparatively high, say 25°C. At this or higher temperature man feels cold.

If feeling cold bothers you too much, better turn your attention to the body temperature, because it is one of the indicators of man's life energy. When the body temperature falls below 35°C, it is sufficient reason for taking an action, because forcing the body to work at too low body temperature is dangerous.

If you feel cold and you do not want to start eating, wear warmer clothes and perform frequently energizing exercising. Also add proper visualization in which, for example, you see and feel yourself as a source of warmth, the body is emanating warmth as a fire does.

If too much cold is felt for too long (comparing to other fasting people) it is worth to check the liver and spleen, because there is a high chance that they do not work efficiently enough.

If the extremities remain too cold and blue, you can warm them somehow. It is worth to make the extremities warm during sleep even if it means to put thick gloves and socks on when going to bed.

However, wearing thicker cloths and warming the extremities are not the proper solutions for a longer time, because such actions do not stimulate man to free sufficient amount of life energy for the body. The most proper solution is the one which causes enough energy to be released from self. An

mediate does not feel cold in situations when a “normally eating”, healthy man does; on the contrary, they feel good in a large scale of temperatures.

The body, especially the one going through revolutionary changes, temporarily may need more warmth from outside. This helps the body to keep itself warm and use the energy for other things (e.g. spiritual exercising). That is why the adapting for living without food, if performed intensively, goes easier in summer, if one lives in other than tropical climate.

The most important thing is, when talking about feeling cold, to know what the cause is – insufficient amount or inefficient circulation of life energy in man. Until man gave up eating, they had been releasing energy under the effect of the eaten food. Now, when man does not eat any more, their task consists in teaching the instinct to release energy in sufficient amount even when the body does not receive any food.

## **DRINKING WHEN NOT EATING**

A mistake often done by fasting people is that they force themselves to drink too much or too little water. Drink water or other liquids in quantity which is demanded by your body. If you drink more or less than your body really needs, you are harming it. When you drink too much, you force the digestive system, especially the kidneys, to deal with the overload.

The excess of water in body may cause leg or face swelling. It also may cause excessive mucus which the body removes through a rash, catarrh or cough. Water is the best solvent and energy source but in excess it increases body energy requirement.

People who drink a lot during fasting think that by doing this they can better flush out toxins from the body. The body is not a toilet so one cannot clean it by flushing it with more water; on the contrary, it may result in less toxins being removed.

The best solution is to drink the amount of water that the body demands for. Drink when you are thirsty, not when hungry. Drink slowly, sipping and mixing with the saliva before swallowing it.



## WASHING LARGE INTESTINE

Enema, about which many scientific papers and books were written, about which many people think with disgust, though they have never made it, is very beneficial for the human body. I will not tell everything about this topic here, but if I was to summarize it in just one short sentence, I would say: The deeper and the oftener (within the limits of the reason, of course), the better.

The large intestine is the place, from which different substances are being absorbed into the body, including all toxins oozed by putrefying mixtures. Everything is directly absorbed by the blood and then circulates through the whole body.

The internal side of the large intestine is covered with villi, thanks to which the absorbing process can run smoothly enough. During the passing years of life, mucus-and-gum like substance precipitates on the villi. Other substances of difficult-to-assay composition stick to it. Gradually something looking like gum insulation is formed, which makes the proper absorbing of the nutrients into the blood difficult or impossible.

Besides, this layer is a friendly environment for many bad bacteria, fungus, mould and other parasites. Proliferating colonies of these parasites and their excrements damage the bacterial flora (necessary for the intestine's proper work), poison the blood and, as a result, the whole body. This is how a favourable basis for many illnesses originates, of which more and more representatives of the terrestrial civilization suffer, and which grows like an epidemic (e.g. cancer, allergy, diabetes).

The doctors applying hydrocolonotherapy say that a matter can be washed out from the large intestine, which is a residue from what man ate years ago. This happens because the layer of mucus and fecalith grows thicker with the course of time, if the diet is not right. This layer constricts the diameter of the large intestine and gradually makes it impossible for the body to absorb anything except products of the putrefying matter.

Then the liver becomes intoxicated so much that it is unable to neutralize all of toxins. Such man is under the influence of poisons all the time. This can be clearly seen on the face and the whole skin. Illnesses happening often, feeling of tiredness, headaches, faster ageing of the skin, dim or even yellow eyes are all symptoms clearly indicating a poisoned body, with the origin coming from the large intestine. Cleaning the internal side of the intestine brings back its proper functions, which in turn makes the body healthy.

When one stops eating, the intestine first slows down and then stops working. Remains of the digested food remain in the intestine, it also is the case with the mucus-and-gum like substance on the side and the fecolith. New matter does not flow into the intestine, so the old one is not moved out. The matter remaining in the large intestine changes into hard lumps, which is not beneficial for the body, for sure. It may be a nest of parasites.

The remaining matter and the mucus gluing the villi in the large intestine can be washed out with water – a simple and efficient method. This in many cases brings back health or even saves the life of man (whose body had toxins, tumour and parasites). That is why flushing the intestine with water may be so important. For sure it can be said, enema is life saving. In case of many illnesses deep, well done washing of the large intestine is enough to remove the cause of the illness and heal man.

I usually frankly tell people (especially those who consider enema to be a disgusting thing) this truth: “You have the choice – you do not have to wash the intestine. However, if you wash out its contents, you throw out rot from your body. If you leave it in there, you are putrefying from the inside.”

From the day that you stop eating, wash the large intestine at least once a week. Every man decides for him/herself about the frequency of the enemas, which suits him/her. A good procedure is to rinse the intestine once a day in the first week of fasting, once in two days in the second week, and twice a week later.

The intestine is washed with water until it is completely clean inside. This may take from a week to a few months, depending on the skill of particular man. Especially the gum-like mucus needs a lot of work because it tears slowly and resultantly. Usually many rinses are needed in order to fully clean the internal side of the large intestine.

Of course, efficiency of the intestine purification mostly depends on the skill of particular man. Complete purity of the intestine, from the anus until the point where the large intestine connects with the appendix, needs exercising and enemas repeated many times.

People constructed apparatuses which help wash the whole large intestine. There are efficient and usable ones among them. However, if you want to be independent from any apparatuses, you can learn to do ordinary enemas.

Doing frequent washing of the intestine will work out the best method for

you. You can modify and apply the advices written here in any way that suits you.

At the beginning you can imagine that the large intestine is a pleated and very curved tube, like the one of a vacuum cleaner, and has the form of the U letter put upside-down. So ask yourself: What should I do to wash out the contents of this tube? What to do with water and the body? What kind of movements and positions of the body to perform in order to wash out, with water, the whole tube from the beginning to the end?

The large intestine is washed with water at the temperature from about 15°C to 45°C, although some specialists advise even warmer. Try first hot and then cold enema in one sitting, do it alternatively. The water is poured in from a few to more than a dozen times. Pour in as much water as you can hold, but do not exaggerate. The slower you pour in the water, with breaks, the more you can hold inside. More water poured in washes better and deeper. Of course, do not exaggerate because the intestine is not a balloon. From a half to two litres of water can go in (some people can hold more) in one enema.

When the water is inside, do some movements. When you keep in mind that the large intestine is like a U-tube put upside-down, you can easily work out helpful positions and movements. For example, you can pull the belly in and out, shake it to the sides or down and up, massage it. You can also raise your heels and immediately let them down hitting the floor (shaking the belly).

After the time from a few seconds to a few minutes of these movements and positions, push all the contents out. Your imagination can help also in case of this activity. For example, in order to pull out all the water from the ascending part of the intestine (on the right), you can put the feet on the wall and then raise the belly up, even up to the vertical position. In this position pull the belly in and out a few times. Then turn on the left side and move the feet down. From this lying position (on the left), at the same time raise the buttocks and pull in the belly, but keep the head down. Then squat and throw out the intestine contents as much as possible. Repeat the procedure as many times as needed, so that all the water will flow out (2 to 5 times). Then you can, again, pour in water and repeat it all.

To master the described method of intestine flushing, one needs to exercise. This is an efficient method for cleaning the intestine's sides, removing the fecalith and bringing back the right functions of the intestine.

Some people wash the intestine with urine, herbal infusions, coffee, water with lemon juice or other liquids. This may be a good idea in some cases, especially when you want to give the body a painkiller, a medicine or a substance softening the gum-like mucus. In the past, a soap solution was used, but this is not a good idea as it irritates the intestine and poisons the body. According to the principle that the simplest solutions are the most efficient ones, most often the ordinary water is enough.

If you intend to make a dry fast, first carefully wash the intestine. Start the washing at least a week before you stop drinking – this period is a fast on water only. Before you stop drinking, the large intestine must be clean inside. Thanks to this, it is much easier to live without water, because the body needs it much less, compared with the time when the body is removing toxins (which entered the body from the intestine).

On the second or third day of fasting, you may want to cause diarrhoea. For this purpose one eats herbal or non-toxic chemical laxative. One of them is magnesium sulphate (Epsom salts, about 25 grams). Also 100% pear juice (about 1 litre bought in a store or produced by yourself) works well.

It is worth to remember that many people have abdominal pain after drinking large amount of pear juice. This can be quite painful, depends on how long man has been fasting before drinking the juice and what is remaining in the intestine. After drinking the juice, strong spasms and peristaltic movements occur in the intestine. If the intestine was not clogged too much, the diarrhoea will come within several minutes.

You can warm up about one litre of pear juice. Then drink it all within or less than five minutes, but not too fast so as not to cause vomiting.

Pear juice used in this way is effective for a few hours. This may be unpleasant. One may feel bad all the afternoon, because of abdominal pain, headache, “flashes of energy”, etc, depending how sensitive one is. Pear juice works quite suddenly, therefore one to three days before using it, you would better wash the intestine with water, so that it is not clogged so much. If it is, the pain and the spasms are stronger.

Of course, this does not happen in such a way in case of every one. There are people who, with full intestine, if they drink one litre of pear juice, feel not more than just a little rumble in the belly (which indicates that the intestine is so large). There are also people who have nausea and feel strong pain after drinking only two glasses of the juice – this method is not for them.

I have described this method for those who would like to try it and experience how it works in their case. If you are not sure how it will work on you, you may start from just one glass of the juice and see what will happen. In the next try, you may increase the amount of the juice if one glass has too weak effect.

There are other methods for cleaning the intestine, not only the large one, but also the small one. Simultaneously the whole digestive track and the gall bladder are cleaned. The most known and efficient method originated from yoga. Describing it shortly – here it is how to perform it.

Make about 1% solution of salt in warm water. Drink one glass of it and make proper exercises, which push the solution until the anus. Then you drink a second glass and repeat the exercises. You repeat this procedure until the solution begins to flow from the anus. First it looks like a diarrhoea, then brown water, and at the end it will be clear. Then, to finish, you drink two glasses of clean water only.

This works better if it is done not earlier than in the third day of fasting. In case of most people, this works well even if the proper exercises are not done. Instead of the exercises, you can make some abdomen movements and pressing. Think that you are moving the solution from the stomach, through the intestines, until the anus.

## COFFEE ENEMA

The large intestine absorbs directly into the blood – medical doctors have been using this method for centuries to efficiently apply medication or food. Often this is more efficient than swallowing the medication or food.

When you put water and coffee solution into the large intestine, everything that water has dissolved, will enter the blood circulation. Besides caffeine, there are many harmful compounds in the coffee that were produced as the result of burning the coffee beans and the following industrial processing. Drinking coffee is less harmful for the body than putting it into the large intestine.

Coffee enema is popular among people applying enemas, however, it is worth to think twice whether or not and what for to contaminate the entire body with these harmful compounds. Washing it out with just water results in the same mechanical efficiency.

If you prefer to add something to increase the efficiency, just add cabbage, lemon or grapefruit juice to the water. If you insist on an even harder cleaning, you can prepare a solution of water with baking soda and table salt: 1 tablespoon of baking soda + 1 tablespoon of salt + 1 litre of warm water.

## MOVING MUSCLES

Many people, who are fasting or adapting the body for living without food, complain about considerable weakness of the body, which may be accompanied by muscle pain. In case of some people the muscles begin to atrophy.

These people feel very weak, therefore doing any physical work tires them more than before (when they were eating). Performing such a simple act as moving a heavy object, becomes a big effort, causing short breath and legs trembling to these people.

Such weakness of the muscles requires exercising. When the muscles have too little movement, they atrophy. When man is fasting or forcibly adapting the body for living without food, the atrophy is much faster, if man does not exercise the muscles regularly. The body, considering the muscles less needed, “eats” them as a source of protein.

Therefore, if you want the muscle mass to remain, know that this needs regular exercising. It is more advantageous when the exercises do not tire the body too much, so no forcing. Let the muscle exercises to be moderate and regular in time. Instead of bending the knees a hundred times and pressing-up thirty times at once, stagger them to five sessions in one day. Jogging and moderate swimming are also very beneficial for the muscles.

Energizing exercises mentioned earlier are very beneficial for the muscles and the whole body, especially the energetic field. I have mentioned that the energizing exercises do not tire the body, they just make the muscles work gently, and this clearly makes them stronger.

It is worth to know some techniques and even try them, but you do not have to become a student of yoga or any school. You can exercise alone (even with a manual) or rely on your feeling of the body and the energy flow, which induce the muscles to move (I mentioned it earlier). In this case the most important is the movement of the muscles, which will not allow them to atrophy, which will strengthen them and give the body more energy. To

do the exercises aesthetically perfect is much less important in this concern.

## ALIMENTARY CANAL WASHING

I tend to use here an exaggerated term “pipe”, for the alimentary canal, in order to provoke an image that we are dealing with a pipe of a few meters long, or a rolled hose with enlargements. So, something like that is to be cleaned from remaining rotting food remnants.

First read the chapter “washing large intestine”.

Below I am writing more about cleaning of the entire alimentary canal, from the oesophagus till the anus.

Look for the expression *shankh prakshalan* on the internet.

You will find many detailed information, with photos and films describing the procedure of this ancient effective method of cleaning stomach, duodenum and intestines, which constitute the alimentary canal.

The descriptions mention about water solution of table salt (NaCl) – approximately 1%, that is approximately 1 table spoon of salt for 1 litre of water. Rinsing the alimentary canal out can be done also without salt, but it is not recommended.

I successfully washed my alimentary canal using this composition:

1 litre of warm water + 1 tablespoon of table salt + 1 teaspoon of baking soda ( $\text{NaHCO}_3$ ).

Instead of  $\text{NaHCO}_3$ , you can use  $\text{Na}_2\text{CO}_3$  as well.

Adding baking soda increases pH of the solution and causes diarrhoea.

Increasing the pH is advantageous, because it de-acidify the blood, urine and kills fungi. Fungi and many bacteria cannot live in alkaline environment (pH over 7).

On the other hand, the diarrhoea is also advantageous, because it helps rinse the intestine content out.

Usually it is more advantageous for the body to use  $\text{K}_2\text{CO}_3$  or  $\text{KHCO}_3$  instead of  $\text{NaHCO}_3$  or  $\text{Na}_2\text{CO}_3$ , because sodium (Na) is in almost every food product, thus additional consumption of sodium may disturb the sodium-potassium balance. It usually does not happen that the body lacks sodium, but insufficiency of potassium is not rare – in such a case it is even better to use  $\text{K}_2\text{CO}_3$  or  $\text{KHCO}_3$ .

Important reminder: make sure about the purity of these carbonates – they must be food grade, never use industrial grade ones.

I also washed my alimentary canal with this composition:

1 litre of warm water + 1 tablespoon of table salt + 1 tablespoon of Epsom salt ( $\text{MgSO}_4 \cdot 7\text{H}_2\text{O}$ ). This solution additionally cleans the gall bladder and its canals. However, I do not recommend it, because not everybody will be able to stand such intensive cleaning. The cleaning procedure is quite unpleasant.

If you want to have strong cleaning, and with your doctor's approval, you can prepare this solution:

1 litre of warm water + 1 tablespoon of table salt + 1 teaspoon of baking soda + 1 tablespoon of Epsom salt.

One litre of such a solution is usually too little, unless you have a small body. I, for example (body weight 80 kg, height 186 cm), need to drink 2.5 litre of the solution. Later I drink just clean water until my diarrhoea becomes like water without any colour. Sometimes I finish earlier, if this procedure makes me too tired.

Be aware that such a cleaning is sometimes very unpleasant. One ought to be healthy enough to apply it to oneself. This is why you should seek advice from a doctor who has experience in this field.

To wash the alimentary track, you can use solutions made with herbs instead of the three solutions mentioned above. This may be a better remedy for you. Find out which herbs clean intestines (cause diarrhoea) and are available in your surroundings. Consult with a competent herbalist.

## RESUMING EATING

When the body shows the signs of emaciation, that is:

- it is weak most of the time;
- it is getting thinner;
- it is losing weight (even if only 0.5 kg a week);
- your mood is getting worse or is bad most of the time;

this indicates that it is about the time to resume eating. To continue the starving (wrongly called inedia) can bring the body to a state in which it will not be usable for living any more. Then it will be left, what is known by the expression: starved to death.



Instead of keeping the state of starving, it is worth to look at it and think differently, wiser, as if it was another valuable experience in this life. In such situations, I say: “Life never ends, so what you have not experienced till now, you can experience later; what you have not achieved till now, you can do in the future.”

Therefore, it is not worth worrying, because if one does, one makes the life difficult and suffers, therefore the amount of Love naturally manifested from man is limited. Next time, with yet bigger experience, with more expanded sphere of the Consciousness, it will go better. Maybe then the stage will be achieved in which eating will naturally, without any force, fall out of you.

On the other hand, it is not worth to fight with the body, because such action will not result in anything good. Fighting causes wounds and suffering. If you fight with your body; who will be wounded and suffering? So when going back to eating is a wiser solution, it is worth to choose it. Your world will not stop, even if people will not consider you an enlightened master any more.

Resumption of eating again is quite a risky process, because (if wrongly done) it may make the health worse than before you gave up eating. The process of rebuilding the body after starving can be compared to accelerated growth of a baby's body. First of all, this means that the body builds itself mainly on what it eats. So if man eats other substances than the body needs, their body material structure will be weaker (worse) than the ideal one. A body built in this way is weaker, gets ill easier, wears out and ages faster.

The most advantageous solution, when resuming eating “normally” after fasting, is to use the conscious eating method. Conscious eating gives the body the food, the amount and time, which, how much and when it needs. Thanks to this method, having starved or fasted, one can build a strong and immune body. The resumption of eating again is even more important than the heal fasting itself.

If you do not have the patience for conscious eating, it is worth that you follow the principles of the proper eating, described later. Here are the three most important ones:

1. Limit the amount of eaten food, even if you have a limosis – the less time has passed from the end of the fasting, the less food is eaten. Increase the amount slowly and gradually. Limosis may occur very fast,

if you follow it, you may seriously hurt your body. There was man who died in a pain, because he finished his fasting for a few weeks with a big meal in a restaurant.

2. First fruit juice pretty much diluted with water, drink it very slowly, a drop after a drop, mixing well with the saliva as if it was a mouthwash. Also other liquids are introduced slowly and gradually, e.g. non-salted vegetable juices. Next, fruits come in small quantities and small bites, chewed long enough to change them to a liquid before you swallow it. Next vegetables, chewed in the same way, even longer than the fruits.
3. The nearer to nature and the less processed is the food, the better material is delivered to the body, from which it builds itself. So the less processing of what nature is giving man for eating, the more advantages for the body.

There are people who, when resuming eating, remain on the stage of eating only fruits and vegetables. They eat only this regardless of whether they are going to start inedia or non-eating again or not.

## ALTERNATE SHOWER

The alternate shower is started with warm water. After a moment the temperature of the water is gradually raised to the hottest that you can stand (of course, do not exaggerate). Then quickly decrease the water temperature to the coldest you can stand – let it fall on all your body for more than ten second. Next, quickly change the water temperature again, to the hottest that you can easily stand, and let it flow on the body for a few tens of seconds. And again, quickly make the water the coldest you can easily stand.

Repeat a few times the quick change of the water temperature. The last one is cold water which should fall on the body to close the skin pores and activate the energy flow from the inside to the outside – it makes you feel warm.

The alternate shower cleans the capillary blood veins and the skin. Because of the big and quick changes in water temperature the capillary blood veins alternately expand and shrink quickly. This causes the excess minerals and other substances, covering the internal side of the blood veins, to peel.

The same quick water temperature changes make the skin pores expand and shrink alternately. Such movements eject the excess of the sebum with the dirt. Thanks to this there is no need to use soap or other skin washing sub-

stances, so you do not poison the body and nature. Ending the alternate shower with hot water is practised in cases, when man goes to bed (even without drying the skin) directly from the shower, in order to make the body perspire a lot.

Man feels cold when exiting from a shower finished with cold water. But very soon the cold causes higher energetic activity in the body. Just a few moments after drying the skin one can feel the energy warming the body. This can be felt especially well if you do energizing exercising or just some gymnastics after the shower. In this case it is even better if you do not dry the skin but start the exercising right after finishing the shower.

Instead of a shower, one can use two bath tubs. One contains cold and the other hot water. You enter the tubs alternately, submerge once in the cold and once in the hot water, for a few tens of seconds. Finish this in the cold water.

If hot water is not available, have the courage sometimes to take a cold shower or a bath in ice-cold water. It may very favourably influence the body especially when you are tired or have a cold. This is a good method for strengthening the immune system. However, for some people, who almost always feel cold, this may not be the best idea.

Life energy of man, its amount and how it flows, influences how man feels temperature. Two people of the same body size, in the same place, covered with the same amount of clothes may feel the temperature differently. One of them may feel hot and the other may feel just right or even cold. This mostly depends on the level and direction of the energy flow in the body.

When the flow is directed inwards, the external factors (e.g. suggestion, light or temperature) influence man more than when the flow happens in the opposite direction. When the energy flows outwards, man submits less to the external factors. On the contrary, man influences the environment more powerfully.

Some people let the Inner Power to manifest itself so much, that they become similar to the Sun in their activities. It is clearly sensible from them, how they emanate Love, warm, safeness etc. Around the body (especially the head) of such man, a kind of light can be seen (aureole). Such people do not feel cold and warm more or less than they desire it.

## FAILURES

The experience and knowledge obtained, about errors done during the process of realizing something, give you potentially bigger possibilities. Thanks to this, next time you can enter the realization of a goal with more knowledge, trust and certainty. This is true also when applying to inedia or non-eating. The so-called “unsuccessful try to adapt the body for inedia” makes a valuable part of the experience on this way, and concerning the achievement of the goal, this helps more than disturbs.

Before beginning another try for life without food, it is worth to make sure that the body is healthy and nourished well and the instinct is sufficiently educated for this task. So it is worth to use some time to nourish the body well and to do some mental, spiritual exercises. Therefore, concentrate less on just non-eating but rather use more time and energy for expansion of the Consciousness sphere and programming of the instinct, because inedia is more the skill of the spirit than of the body. The contemplation exercise, described earlier, may bring you a lot of benefits.

Anyway, it is not worth (in such a situation) to make the basic error – to acknowledge that you have failed. If, in addition, you feel guilty or you make the body guilty, you put yourself in a much worse situation. Such an approach does not help, it becomes another barrier created by you on the way to perfection.

If the goal pursued has not been achieved, it does not necessarily mean that you have failed. If you think that you have not succeeded, you may be wrong because in fact it may be something else. Then, if you look for the true answer deep inside you, you may find that your true goal was not giving up food but the experience, which you just gone through in the best possible way.

In case that you have not succeeded to live without food, the best thing that you can do is to regard the eating again as coming back home after a very interesting journey full of valuable experiences. It is worth mentioning the health benefits which the non-eating time gave your body.

During the try of adapting the body for living without food, and also later, feeling Love flowing from you is very important for the body. Love is the energy creating Life. The body needs it especially in moments regarded as difficult.

## PROPER BODY WEIGHT

Environmental suggestion has impact on people so that they believe even wrong things. The appearance and weight of the body can be taken as an example. In a society in which the majority of people are overweight, an overweight man is regarded as looking well and healthy. Obesity results from improper functioning of the body, it means that the body is ill (there are exceptions).

In the same society, man of proper body weight is regarded as skinny.

Proper body weight is one of the characteristics of a perfectly healthy body.

When the body is not treated with too much or too little eating, and when everything functions properly in it, the body has the right weight, regardless of how it looks and how people judge it.

Judgement of man's appearance is often contrary to the proper body weight – it is worth to be aware of this.

When your body is in full health, you feel perfect and this is a normal state for you, lasting for months and years – you have a body of proper weight. And whether people judge you as fat or skinny, it has no significance – that is only their opinion. If you started to modify the diet in order to lose weight or to get fatter, you would probably harm the body.

Focus on health of your body, not on its appearance  
or on people's opinion.

Provide the body with everything that it needs for proper functioning. Right diet and physical activity for your body are necessary for good health. Focus on this – not on judgement of people about your appearance. If you act in direction of adjusting the appearance of your body to opinions of people, you may probably harm it.

# REASONS OF EATING

Why does man eat, or, what is the reason that man decides to put inside their body a piece of matter defined as food? This question may seem strange because a simple answer can be given: because man feels hunger. Therefore let us ask: when and in which circumstances man feels hunger?

There are many reasons why man eats. They may be catalogued in different lists – here is one of them:

1. Real body needs (RNB).
2. Emotions.
3. Habit.
4. Addiction.
5. Belief and fear.
6. Boredom.
7. Decision to change.
8. Company.
9. Taste, smell, appearance.
10. Poverty, thrift.
11. Compelling.
12. Reward.
13. Grounding.

Other reasons, which make people eat something, most often are contained in one of the above points.

For man aspiring to inedia or non-eating, to know the reasons of eating is one of the most advantageous steps on the way. This makes man understand better their psyche and body.

## RNB

**Real needs of the body.** Human body (with exceptions) sometimes needs specific substances from outside. There are hundreds of these substances. Some of them are known, named and catalogued, for example: carbohydrates, fats, proteins, minerals, trace elements and enzymes. The body works best if it receives them all (not at the same time, of course) exactly in the right moment and exactly in the right amount.

Let me ask a question. Who knows, what substance, in what amount and at

what time the body needs? Every body is different and lives in different conditions; so how about the general dietetic recommendations?

You simply will answer that you rather do not know any man, who would know what, how much and when the body needs. As for the second question, you also know the answer: there is no diet good for all people.

Let me add that the ideal diet is a matter which is changing constantly. What is the perfect diet for man today, may be a harmful diet tomorrow. Man is constantly changing. As the circumstances of man's life changes, so their needs undergo changes, including the diet.

RNB is the only circumstance, in which eating something gives advantages for the work of the body. Eating for any other reason harms the body, although this can give man advantages in other matters.

When RNB occurs, the best solution is to give the body what it asks for. If RNB is not gratified, the body is harmed and suffers.

Alenara suggested a method to determine whether feeling hungry is caused by RNB or by an emerging emotion. In order to determine this, man imagines that they will not eat the thing they feel hungry for. When imaging this man gives attention to the emotional reaction of the body. If there is no reaction, it shows rather for RNB. If there was an emotional reaction, particularly one grounded on fear, it indicates another cause. Most often it is about fear or an emotion being released.

Conscious method of eating (described earlier) develops the skill of telling the difference, whether it is about RNB or an emotion. Conscious eating makes it much easier, to establish and keep the most proper diet.

Emotions are the factor which most often makes man take food, if man lives in a society of people who have plenty of food. In the instinct there are blocked emotional reactions, feelings, pictures and thoughts. They are being accumulated in there since the conception, some of them have the origin in previous lives. The intellect does not know about their existence. The instinct, which cannot cope with processing the data, tries to send them to the intellect, because this is its specialization. The instinct's work is storing data and running programs (processes functioning without any attention from the intellect) – I have already written about it.

Therefore, when the instinct is trying to send data to the intellect, which it cannot cope with, man first may feel hungry. If at this moment, man turns

sufficient attention only to the feeling of hunger, and man asks themselves if they really feel hunger, then the answer most probably will be 'no', it is not a hunger. However, most people, when they feel hungry, do not stop on the thought, they immediately start inserting things into their body. As the result, the body suffers because it receives something which must be fully removed in order to restore its proper condition.

The method of conscious eating, even if it is done only partially in the moment of feeling hungry, helps to learn how to distinguish the RNB from an emotional reaction. If man does not stop mentally at the moment when they start to feel hungry and man does not go deep into its reason, then they 'pushes back' what the subconsciousness offers to the intellect for solving. It may be a blocked emotional reaction from the childhood.

What happens when man, instead concentrating on the appearing hunger, concentrates on eating? The blocked emotions, feelings, pictures and thoughts are pushed back deeper inside the subconsciousness. The problem remains unsolved because man has not thought about it and has not reached deeper. This unresolved problem is still gnawing man inside.

The emotions being released during fasting, if there are many of them, may make man feel quite unpleasant. Then this man, not fully understanding what is happening to them, becomes so sensitive, nervous and impatient. At that time man still associates such situation with the hunger and when man starts eating again, they feel relief because all this disappears. But if at that time, man (instead of eating) would concentrate on feeling what the heart communicates, the hunger would decrease or vanish and the psyche would have a chance to be cleared from the problem. The process of clearing the psyche goes in such a way that it is related to hunger.

Clearing the psyche during fasting is more unpleasant and difficult to bear by overweight people. They are exactly those people who made themselves fat because their psyche wanted to solve blocked data, which was felt as hunger. As you can conjecture exactly they are the people who most need fasting and who go through fasting with biggest difficulties. In extreme cases, people die during fasting; not because the body does not receive food, but because of emotions being released, which they cannot cope with.

Here another role can be seen, which food plays for man on earth, food is a drug which lets people not to think about, and forget, what is unpleasant. How many people overuse this drug, it is visible mainly by the fatness.

Hunger can be caused also by parasites living in the body (e.g. mould in



intestine). Parasites can influence the brain centres of feeling hunger or taste in a way that this makes people deliver to them what they need to live and grow well. Many people addicted to sweets have the body full of parasites, in which colonies of fungus grow well in the intestines.

## HABIT

is the activity usually performed in specified circumstances. Habits concerning eating are one of the main reasons why people eat when there is no RNB. As similarly to other habits, man does not think whether the body needs what in this moment they are consuming. Man just eats because they are used to doing this.

One of the most common habits is to sit at the eating table because of so-called eat-time (meal-time). The division of the eating-times: breakfast, lunch, dinner, or any other division, makes man eat frequently, but this does not consider RNB.

Another habit is about the type of food. Examples. Tea without sugar but with a biscuit for the teatime. Instant coffee with milk and sugar in the morning after getting up. Dumpling with sauerkraut and sauce. Beer with fries when watching TV. Ice cream when walking in the city. These are a few examples of habits. You probably could mention here also yours. Man chooses, prefers one food and does not like others, depending on the circumstances. This depends on some factors of which the most important is the society suggestion.

A habit produces automatic reaction of the body, this is why in a specific circumstance (e.g. time, environment) man feels hunger for a specific food. This is a good example how the society suggestion is programming the instinct.

A habit can be removed much easier than an addiction. How to distinguish between a habit and an addiction? Look at the emotional reaction. In general, if giving up a specific action does not trigger emotional reaction, the action was a habit. If you try to give up an addiction, unpleasant emotional reactions occur (which may be accompanied by unpleasant body reactions), for example: irritability, anger, explosions of hatred. In other words, the less intensive emotional reaction, the weaker addiction. There is no sharp line between a habit and an addiction.

## ADDICITON

to eating is one of the most often occurring addictions on Earth. Yes, one may become dependent on eating or drinking; addicted to eating generally or to eating something specific. An addiction looks like a habit but when you try to give it up, you feel that the body and the psyche are revolting.

Man most often becomes addicted to sugar, coffee, soft drinks, salt, dairy, rice, bread or meat. When an addict suddenly decides to give up the addicting product, they feel that the body craves for it. For example, a body addicted to meat, and deprived of it, will crave for it with the taste, and even will influence the mood. Man will be feeling, for weeks, that they have unbearable craving for, let us say, a steak; they may even dream about eating it.

In case of an addiction, it is easy to mistakenly determine if craving for a specific food is caused by the addiction, RNB or parasites. That is why man who is not an expert in the method of conscious eating may not in every case faultlessly determine what, how much and when the body needs. However, exercising the method of conscious eating regularly leads to the skill to be able to distinguish quickly between RNB, addiction and other factors.

A strong craving for a particular food may be caused also by parasites. There are many more parasites, willing to live in the human body, than an ordinary terrestrial may expect. Many of them can strongly influence taste preferences of man. Practically, it can be said that some parasites can enslave man so much that they will eat mostly what supports them to grow well. Fungus may be a good example. If their colony has grown enough in the intestine, man becomes an addicted glutton of sweets (chocolate, ice-cream, cookies).

The more addicted to eating man is, the more difficult they find fasting to be and the fasting process alone is also more unpleasant. In case of man addicted to eating the body symptoms are the same as those occurring in case of man addicted to alcohol, cigarettes or drugs. This is one of clinical proofs confirming that eating is a kind of man's addiction. Man lives in this addiction almost from their birth.

Eating as an addict (living with the addiction to food) is one of the main factors why the body of an ordinary terrestrial withstands less than a hundred years, often being ill and ageing during the whole life.

## BELIEF OR FEAR

often are important factors considered by man creating a diet for themselves. In this case, the belief is built on the fear that the body lacks some substance, so it has to be given by eating specific food. Apart from the fear, that the body lacks something, man can believe that eating something gives advantages to the body.

Here are some examples – I have chosen only the false ones.

- Drinking milk makes the bones and teeth harder because it contains a lot of calcium.
- Man needs to eat everything.
- Man has to eat a lot of fruits and vegetables.
- Meat is necessary for the body to grow properly and because it provides the body with vitamins B.
- Man has to drink at least 2 litres of water daily.
- Man has to eat often but in small quantities.
- Man has to eat a lot to be able to work heavily.
- Eat a lot so that you will grow big and strong.

These and many other beliefs, passed on from generation to generation, and often blindly followed, influence man's diet. People with such or other beliefs about eating, eat some food only because they believe about its specific influence on the body. This kind of beliefs are applied when a diet is created and promoted, e.g. to lose weight, to detoxify the body, to heal it.

As a matter of fact, the body is self-sufficient and it needs only a mind which operates it properly. The stronger man believes that the body needs something from outside, the more man makes the functioning of the body dependent on it.

Another fact is that every man is a different world, creates and adopts different needs and beliefs. This is why there is no such thing as a proper diet for everyone. A proper diet for one man is a diet which fully meets RNB of this man.

Especially often found belief is the conviction that man has to eat a lot in order to have enough energy and thus also strength. man who believes that food is an essential fuel, which gives energy to the body (as gas does to an engine), will be more predisposed to overeating. Observation shows that partly this is a fact, because limiting too much what the RNB indicates for clearly makes the body weaker. Most people have the instinct programmed

in this way – I have explained it already.

False beliefs make man eat food that the body does not need, that overloads it, that damages it. For example, the belief that “man should eat a lot of fruits”, is misleading. The thing is that one should not increase the amount of eaten food by adding fruits. It brings more advantages to the body, to change the diet to something which proportionally contains more fruits.

As you can easily conjecture, fear and beliefs concerning eating and food cause more harm than give advantages to man Especially defenceless children suffer more because of this, when they are forced by their parents to eat.

I also heard of a belief that if man does not eat all of the received serving, they are tempting the destiny which in future may punish them by lack of food.

One more essential matter concerning beliefs. If a food contains high amount of a substance (vitamin, mineral, element) it does not mean that “it has to be consumed” in order to give the body the substance. Cow milk, containing a lot of calcium, can be a good example. People may believe that drinking lots of milk frequently prevents deficiency of calcium in the body. However, the result of such behaviour is the opposite. Drinking a lot of cow milk, especially the boiled one, causes deficiency of this element in the body. Explaining why this happens would require penetrating in another topic concerning influence of specific foods on human body.

Eating because of fear or belief does not satisfy RNB, in other words, this harms the body.

## **BOREDOM**

and eating also are related in some ways. Did you ever start to eat just because it was a less boring activity at that moment or it let you forget about boredom? “Why do you eat?” – “Because there is nothing else for me to do.” or “To kill the time.” Do you know these or similar expressions?

The activities related with preparing food, eating it and afterwards cleaning are attractive enough to make man to start performing them, when they find no other occupation.

When you are bored then, instead of eating, you can contemplate or do

other so-called spiritual exercises. You probably already know that eating because of boredom creates unnecessary overload for the body, wastes time, money and energy.

Man who decides to eat because they are bored often does this also because they like the taste. In this way, the relationship is created: boredom >> the will to get rid of it >> (temporary) upswing of the mood. This kind of relationship, as you can easily conjecture, is quite self-destructive for man. This most often manifests by obesity and related with it diseases of the body. It is easy to get addicted then.

## **DECISION TO CHANGE**

which usually is based on beliefs, becomes a reason for changing the diet. Such a decision may concern the appearance of the body, the way it works, the mood or psyche.

One of the most frequently taken decisions is to slim down an obese body. Most people know that the excess of eaten food causes obesity. Some of them decide to change the diet in order to lose the excess body fat.

Having made the decision, man selects the food, amount, time and way of eating. When creating such a diet, the knowledge and beliefs of man have crucial influence.

The decisions concerning the diet can be often noticed among people interested in conscious self-growth. These people decide to consume selected foods and give up the other. They also change the time of eating. If this develops in accordance with RNB, then the realized decisions advantageously influence man, if not, then probably they hurt the body.

One of special decisions is to give up food for ever. Also in this case, if we talk about the influence on particular man, the rule of RNB is still valid. When the decision supports RNB, it is advantageous, if not, then it is harmful.

When making any decision concerning the diet, it is worth to know that most advantageous is considering RNB. If you aspire to non-eating and RNB indicates the need to take food, then the right way goes through working on changing RNB (via visualization, for example).

## COMPANY

and its customs may make man willing to eat. Social gathering usually include eating food – it is one of the customs harmful to health. During that time most often food not needed by the body is eaten. Additional harm causes overeating because, for example, the hosts are encouraging the guests to try everything. Also the conditions are not favourable for consuming food because people are talking while eating.

Changing habits may be difficult but in case of eating during social gathering, considering your health, it is worth to do this. Of course, it is possible to eat healthy when in company, although it is more difficult to be focused on yourself instead on the conversation.

Can you imagine a social meeting without any food? It is possible and it may be quite successful if all the participants are informed in advance, why without eating. At most, people who do not like the idea will not come.

## TASTE, SMELL, APPEARANCE

may be so tempting that man decides to eat (drink) something although they do not feel any hunger (thirst). The so-called cooking art is a large branch of man's life on Earth. A fact is that what often looks (for it is shape, arrangement, colour) tasteful, is not such at all.

One of the biggest harms that man has done to self is using condiments. Salt, sugar, spices, taste intensifiers, substances improving the smell and look belong to condiments. Why using them harms the body? Mainly because this cheats and makes the natural body function, which is finding the nutritional substances with the sense of taste, work improperly.

“This is tasteless.” “It tastes like sawdust.” – If man thinks so about a dish, this clearly indicates that the body does not need this food. It is better for the body if man does not eat the dish instead of flavouring it and in this way cheating the natural body function. The sense of taste, directly dependent on RNB, works perfectly. When the body needs something, the taste sense lets man eat it with pleasure, even if it does not contain any flavouring. It may even happen that adding a flavouring will spoil the taste of the dish.

Potatoes without salt taste “wonderful” if the body needs them but they are “tasteless” when eating them harms the body. Strawberry, berry, raspberry,

have “amazing” taste by themselves, when the body needs them. But when eating them causes overloading the body, the senses inform man that they are “too sour”, “not sweet enough” etc. This is why some people say that this fruit “tastes better with whipped cream and sugar”.

Using substances which change the taste or appearance of food, cheats the body and makes man eat more for taste instead because of RNB. Having made the body used to the taste (appearance) caused by the condiments, man more often craves for the taste than feels hunger for the food specified by RNB.

Condiments make man addicted. Sugar, salt, pepper, chili are the most often used food drugs and substances cheating the taste sense, the natural body function which controls eating according to RNB.

Giving up the condiments, especially for the taste, is very advantageous for the human body. Then the taste sense informs more precisely what and how much the body needs. This function is simple – if something is tasteless without any condiments, this means, the body does not need it.

There are people who thanks to their knowledge about how condiments work, mainly the tasty ones, have built well profiting companies. Some companies selling fast food are a good example of this. Their big money profits, in addition to the big health damage caused to millions of people, is the sum of their operation and universal ignorance concerning the taste sense.

## **POVERTY, THRIFT**

make some people feel that “it’s a pity” not to finish and later to throw away a part of a meal. They say it is “a waste”, “throwing money away”. It seems that such behaviour of man is caused mainly by their thrift. It is a fact, throwing food away is a waste, whereas conserving it for later use saves money and time. However psychic analysis more often shows that there is a fear in the basis of such behaviour of man.

Even if here we forget the RNB, eating food which was left earlier, especially if it was heated up, harms the body more. Many prepared meals go bad much faster than the raw material used for preparing them. Heating up produces more substances harming the body.

People, especially those who have experienced hunger caused by poverty,

natural disaster or war, may have a strong conviction that food should not be wasted. If they consider the hunger wide spread among millions of people on Earth, they feel guilty or even as if they were sharing responsibility for this.

My grandfather (man of a great heart) was like that. He chose to eat boiled potatoes which were in the fridge for a few days, instead of throwing them away, even if he was not hungry. That is also why he was breeding a pig so that no food would be wasted.

## COMPELLING

concerning eating is associated with one of the most serious harms that parents can do to their children – to force them to eat more than they want to or what they do not feel hunger for. Concerning food and its quantity, the children should be left free to choose. But it is better for their health to protect them (so that they will not get addicted) against toxins like chips, fries, pizza and also products made of milk or baked flour.

Some children are deceived in order to make them eat. They are told that all that is on the dish has to be eaten, because if not, something bad may happen; for example, the child will have freckles or somebody/something will take them away. Also this kind of suggestions are kind of compelling. They harm the child's psyche, which may manifest with harm in the food sphere later in their life.

Compelling in eating concerns also mealtime. Some people do not allow others (or themselves) to eat when they are hungry, but ask them to wait till a meal will be ready. "Don't eat now, wait, dinner will be ready soon!" Or even worse, they dictate to eat because it is mealtime – "It is dinner time now, eat everything nicely!"

Compelling yourself or other people to eat at fixed times of the day introduces rhythm to the day order, makes man dependent and almost always does not accord to RNB.

To forbid something also is a kind of forcing (not to do it) and is used in eating. If man forbids him/herself or other man to eat something that RNB indicates for, they harm the body.

Compelling, forbidding to eat something may be temporarily used in order to protect yourself or other people (especially children) against eating toxic



substances, such as candy, fried, backed or fumed food and products made from animal milk. However, in this case it pays better to give more attention and work to the psyche and education. Eating these foods is discordant with RNB, it is caused by an addiction. The addiction may be psychical, for the taste or caused by parasites.

## **REWARD**

(in the form of food) as consolation for yourself or another man may be a sufficient reason for eating. Did it happen to you to eat something in order to console yourself when feeling sad, discontent or to reward yourself for something?

Examples. “It was a day full of nervousness, so now I will at least eat something good.” “I have not passed the exam, so why not buy an ice cream as consolation.” “We shall be happy, so let’s go to a restaurant for a good dinner.”

In this case eating may be considered to be a kind of recoil or even refuge from a problem, difficulties, unpleasant situation. Man considers the act of eating and the food taste as something giving a pleasure. This program often originates from childhood. Many parents commit this mistake, they reward children with candy or ice cream for doing something “good”. In this way, they build in the child’s instinct a suggestion that eating something “tasteful” may be a reward or consolation.

Rewards are also all food products, most often sweets, which are given to, for example, winners of a contest, pupils at the graduation, children for good behaviour. Acting in this way strongly suggests that eating specific food is a price which is worth to work for or even fight for.

Eating only for reward or consolation is discordant with RNB, so it harms the body. This also makes man more addicted to taste and does not let blocked psychical reactions manifest outside. It is worth to examine yourself to find out if you have this program, so that, if need be, you can consciously remove it. This liberates you from one of your addictions.

## **GROUNDING**

is one of the special reasons of eating, which often concerns people trying

to adapt the body to inedia or non-eating. This helps them to be “grounded” in order not to be “flying” too much in the clouds of spirituality (which they may never have experienced). Also inedia needs to be in balance between the matter and the spirit.

One of the functions of eating is to keep the connection between man and the physical matter, particularly Earth. It can be said, explaining in a graphical way, that eating food makes man heavy enough so that they will not break off the ground like a balloon. On the other hand, too much food can weigh down man to Earth so much that they won't be able to 'rise in the spirit'.

In case of some non-eaters who still have not learned to keep the balance between the matter and the spirit, eating becomes a helping factor, thanks to which they can ground themselves. This is the reason why a non-eater sometimes may want to eat something heavy (silly for the mind). The lower the vibrations of the food, the better and longer it grounds man. For example, a glass of carrot juice grounds man less and for a shorter time than an oily hamburger of the same weight.

A non-eater may interpret differently their wish for eating something. They may, for example, feel and say that it is the taste sense, trained for the whole life, demands sensations. Besides this, quite often the need for grounding parallels with RNB. Then eating is more advantageous.

Also other people, not only non-eaters, may feel the need to ground themselves. Usually these are people focused on the spiritual side of the life. In the respect of their subtle nature and the way I feel these people, I used to call them angels. They, in order not to “fly” too high, sometimes need to eat something heavy, which makes them feel better and improves their health. When the contact with Earth (the matter) loosens too much, man may be losing so-called “feeling of the reality”. One of the results of such loosening can be a body illness.

I know people who are in weak contact with Earth. They suffer because of this. For example, it is difficult for them to find a good job, they are in constant debt, they are chronically ill. In some cases, physical examination does not show any illness but they may feel pain. When their diet is changed for a heavier one, the mood may improve because the illness leaves or the symptoms significantly decrease, and man can see clearer solutions of their financial problem.

What is called death because of starving, is not always so although it was

caused by not eating for too long. Many, among people left without food, died, but not because of the organic hunger, the reason was excess bond loosening between them and the matter. A being who is insufficiently bonded to the matter is not able to live in human body on Earth and they may decide to go to another dimension, where the matter is not so dense.

# INEDIATES and NON-EATERS

How many inediates, breatharians or non-eaters live on Earth – who knows? I do not know any statistic data of this type. I heard, read numbers given by others, ranging from a few to more than ten thousand. According to my present feeling, there are hundreds of thousands of people who do not need food for living on Earth.

It is a fact that many non-eaters are people seen as spiritually highly developed. Most of them are not interested in being famous. They remain unpopular because the mass media do not talk about them.

The other (the largest) part of non-eaters are people who have never heard about the hypotheses, philosophy and movement concerning non-eating. They do not eat because they just do not feel like eating. Also, it often happens that the society in which they live thinks that they are ill, not normal or extraordinary. This makes them feel to be as such.

Particular case are people called anorectic. One fact is that anorexia is an illness caused by disturbances in the psyche. Another fact is that only a small percentage of these people are real anorectic. Some of them are people who do not know about their inborn or developed non-eating ability and they succumb to the society suggestion. This strong suggestion has the power to make them psychically ill or even die.

Some non-eaters are not obviously recognizable as such because they let you invite them for a coffee, for a dinner or they even take part in a banquet. Then they eat just for social reasons because they do not want to become a subject of an interest for others. This is the only reason why they eat, because they do not need food.

I listed below, in alphabetical order, only those very few who were made famous by the mass media or who are / were actively promoting this life style. These people were or are inedics / non-eaters, but I do not guarantee this. I found this information mainly in 2001, but most of it I have not investigated.

## Alenara

From Sweden. When she was a teenager she discovered how bad food influences her body. Since then she was moving in direction of breatharian-

ism, especially when she does not feel to be compelled to eat. Alenara, although she does not call herself a breatharian, has a lot of knowledge about living without food. She is one of a few people on Earth, who can explain breatharianism so well. Her web site contains a lot of information [www.angelfire.com/stars3/breathe\\_light](http://www.angelfire.com/stars3/breathe_light).

## Balayogini Sarasvati

Amma, India, for 3 years was consuming only water as reported by „Rosicrucian Digest” June 1959.

## Barbara Moore

“A heroic figure is Barbara Moore, M.D. of London” - a news release by the London Sunday Chronicle dated 17 June 1951 reads:

A woman of 50, who looks like she was only 30, claimed yesterday that she hates food, has beaten old age, and expects to live at least 150 years. She has set out to do it by giving up food. Twenty years ago she ate three normal meals a day. Slowly for 12 years she reduced her eating until she was keeping fit on one meal a day of grass, chickweed, clover, dandelion and an occasional glass of fruit juice. Five years ago she switched entirely to juices and raw tomatoes, oranges, grasses and herbs. Now she drinks nothing but a glass of water flavoured with a few drops of lemon juice. She says, “There is much more in sunlight and air than can be seen by the naked eye or with scientific instruments. The secret is to find the way to absorb that extra - that cosmic radiation - and turn it into food”.

Each year she goes to Switzerland for the better air and climbs mountains on a diet of water from the streams. “You see - she explains - my body cells and blood have changed considerably in composition. I'm impervious to heat or hunger or fatigue”.

Barbara died in a car accident, during her travels across United States.

## Christopher Schneider

He was born on 20.01.1962 in Germany. He says about himself: “I have been non-eating since August 1998 (...) it gives me a lot of experiences and events. I eat some chocolate, sweets, cheese, sometimes every day, and sometimes once a week. I eat for fulfil my tastes, touching ground, not for necessity of eating. Nearly every day I drink Cappuccino (this is something like a ritual) or watered juices”.

In Germany since 1999, Chris run courses dedicated to the 21-day procedure. People determined to accommodate to live on light; he helps in passing on this process. He is also a nature therapist, rebirthing therapist and a kinesiologist, reiki and spiritual healer. He organizes courses and helps others by sharing this knowledge. As he says “all this work is dedicated to find power and connection with internal unity and Divine One Within”. Christopher's web site is [www.chi-production.de](http://www.chi-production.de).

## Evelyn Levy

Brazilian, lives with her husband Steve in USA. After coming back from personal journey to Peru, where she did not eat for five days, she got interested in immortality and living on light. During this time she began a natural process of accommodation to high vibrations, which resulted in lack of being hungry. Later, when in 1999 her husband decided to stop eating, she decided to do the same. Evelyn's web site is <http://vivendodaluz.com>.

## Giri Bala

Indian woman, born in 1868, has not taken food or drink since 1880. The whole life she was living in Bengal village of Biur. Her non-eating state has been rigorously investigated by the Maharaja of Burdwan. She used a certain yoga technique to recharge her body with cosmic energy from the ether, sun, and air.

The story of Giri Bala was told to Yagananda when he met with her when she was 68. By that time, she had not eaten nor taken fluids for over 56 years. Still living the life of a humble and simple villager, she had in her early years, as rumour spread, been taken to the palace of the leader of her province. There she was kept under strict observation and eventually released with the sanction that yes she did exist purely on Light.

As a child she enjoyed a voracious appetite for which she was often chided and teased. At age nine she was betrothed and was soon ensconced in her husband's family abode. One day Giri suffered so greatly at her mother-in-law's tongue and teasing at her gluttony that she exclaimed “I shall soon prove to you that I shall never touch food again as long as I live”.

She ran out of the village crying, and prayed for guru who could teach her how to live on God Light only. Then, the guru appeared and showed her Kirija Yoga technique, which made her body free from material feeding. Since that time, Giri practised yoga to power the body energy from the sun and the air, and she took neither food nor liquids.

## Hira Ratan Manek

Born and living in India. Seven doctors started examining him a few days before he began a long fast. He is one of the best-examined cases from medical and scientific points of view. First he lived only on water for 211 days, and then for 411 days. HRM's official web site is [www.solarhealing.com](http://www.solarhealing.com).

## Jack Davis

He lives in Hawaii. After he attended a seminar conducted by Wiley Brooks he said "During those years I drastically reduced and altered the types of food consumed. [...] By 1982 I was ready for the lessons of Wiley Brooks." His story in details was on [breatharian.info](http://breatharian.info).

## Jasmuheen

An Australian, who after completing the 21 day procedure in 1993, did not eat for two years. Then she started, as she said, some experiments with small amount of delicacies, coffee and tea. She claims to be free from eating, but is lenient with her taste senses, thus drinks coffee, eats sweets and even potatoes during long flights in order to reduce her energy to be able to sleep. According to her statement, the average amount of daily food is less than 300 calories per day. Jasmuheen's web site contains a lot of interesting data [www.jasmuheen.com](http://www.jasmuheen.com).

## Joachim M Werdin

You have probably read my story written in this book. Even more details are on my web sites: [inedia.info](http://inedia.info) and [breatharian.info](http://breatharian.info).

## Kamilla

A Polish woman who lives in London, interested in secrets of life, esotericism from the philosophical point of view. She began the lifestyle without eating on August 11<sup>th</sup>, 1999, when being in a monastery, in complete seclusion, she obtained the initiation. Her decision resulted from participating in Jasmuheen's lecture a few weeks earlier. From the very first moment of

that meeting, Kamila “knows immediately, that she passed through the process”. Then she admitted: “This is like the operation without scalpel, and you feel it very deeply”.

She also does not practise asceticism and as she said: “I take sometimes one or two teaspoonfuls of horseradish, mushroom in vinegar and eat it with pleasure”. The spiritual change of Kamilla, which resulted in living without addiction to so-called food, was beneficial for her health. Previous examinations showed that she suffered from blood cancer, diabetes and paralysed of the right leg. All these things disappeared and Kamila bursts with health.

## Kazimierz Karwot

A Polish. Before starting “living on light”, during the years 1999 and 2000, he was living in nature, where he was working on his spiritual growth. As in case of other non-eating people, his transformations resulted after more than a dozen of years on a spiritual path. Kazimierz did this in very modest conditions, living on the outskirts of a village. He did the initiation, the 21 days process, in seclusion, in February 2001. Now he says: “I am living on light”. His web site is <http://karwot1.pl>.

## Martha Robin

A French, born in 1902 (Chateauneuf-de-Galaure), never left her home village. From March 1928 on, she was unable to eat any food, when she tried, the body vomited everything. She could neither swallow, nor digest, nor could she drink, not even pure water. She was also unable to sleep. Physicians were helpless. She lived solely on the Eucharist. She spent a lot of time praying and contemplating.

## Prahlad Jani

An article published in “India Times” on 2003 11 21, “BBC News” and other mass media informed about man who claimed that he had been living 68 years without any food and drink. Medical tests made by many doctors in a hospital proved that after ten days of strict observation, without any food or water, he was in perfect health state and his body did not change the weight.



## Steve Torrence

An American, Evelyn's husband. At the beginning of 1999, he was impressed by the book "Life and Teaching of Far East Masters". As he said, he came to a conclusion that "our bodies do not need physical food and have been accommodated to it because we forced them. Eating is not only unnecessary, but also harmful for our health and good temper".

## Sunyogi Umasankar

Umasankar-ji has discovered a method of absorbing energy directly from the sun, which is called sungazing, which can remove the need to eat, drink or sleep. In "India Monitor" he said: "From 17th August 1996 to 7th December 1996, I stopped having food altogether, but after continued requests by a relative, I resumed my normal intake."

## Surya Jowel

Involved in The Suryayogi Fundation, more information can be found on his web site: [www.suryayog.org](http://www.suryayog.org).

## Theresa Neumann

She was born in 1898 in Northern Bavaria. At the age of 20 she had an accident and became blind and paralysed. Then in 1923 she was miraculously healed. Since then Theresa had not consumed any foods or liquids except for one small consecrated wafer a day.

Stigmata, or sacred wounds of Christ, began to appear on her head, breast, hands and feet every Friday while she was experiencing the passion of Christ. Yogananda later said that in her past life she was Mary Magdalene. She is here to show (like Giri Bala) that it is possible to "live on God's Light".

Throughout the 36 years that Theresa bore the stigmata, thousands of tourists visited her small cottage to witness the miracle. Theresa died in 1962. Paola Giovetti's book "Theresa Neumann" presents her life.

## Vasanta Ejma

For many years Vasanta was praying: "I ask you my Lord for being in You,

only in your energies for 24 hours a day. I am asking for grace of serving You, please, be my employer.” For 10 years Vasanta was often fasting, praying, meditating and visiting secluded places to find God in herself. “I did not know how God carries out my request, but on August 13th 2001 I felt that I began 21-day process of living on light. This is unbelievable grace of God - making the mind free from the third dimension. I have experienced passing on to divine freedom. Then I have understood what is the difference between getting know the way and passing it on, when during 21-day of transformation I experienced freedom states. It is impossible to describe this, the world of freedom, without rules and limitations, where everything is possible? I experience this, being in God's world.” Vasanta's web site has more [www.vasanta.prv.pl](http://www.vasanta.prv.pl).

## Vona Tansey

A quote from her web site: [www.vonatansey.com](http://www.vonatansey.com) – “Vona has lived on Universal Soul Light since September 2001. She no longer needs food to fuel or sustain her body yet sustains body weight and maintains optimal physical energy. As her body spiritualizes, it vibrates as a faster frequency of energy and comes into resonance with God-conscious soul frequency of unconditional love.”

## Wiley Brooks

An American, one of the longest known breatharians. As he claims, he hasn't eaten for over 30 years. He says that eating is an acquired habit. To know more, you can visit his web site [www.breatharian.com](http://www.breatharian.com) for more details.

## Will van der Meer

A Dutch man living in Montana, USA. When he was giving a seminar in Poland, November 2003, he claimed to be free of food since March 2001.

## Xu Fan

A Chinese woman. The December 1996 issue of the Japanese magazine “Borderland”, based on a report by Pung Chung, published an article (in Japanese) about her mysterious ability to stay healthy without food for nine

years (at the time of publication). More info is in the book “Control for Life Extension” Valery Mamonov, [www.longevitywatch.com](http://www.longevitywatch.com) .

## Zinaida Baranova

A Russian woman, age 67, teacher, living without food and drink since March of 2000, as described by an article “Guest from Krasnodar Taught Rostov Citizens to Give Up Meals” in “Pravda” 20030718.

## thousands of others

How many people all over the world live without eating and often also without drinking? People who belong to different categories, different life styles, various beliefs and behaviours – each of them is a unique story of why and how to free oneself from food. The majority of them never confess that they do not eat, to avoid possible negative reactions from others.

You can easily find information about them on the internet – there are many articles, photos and films – I decided not to develop this chapter here.

I merely want you to pay attention to the fact that much information on the internet is not entirely true. Therefore you do not have to believe what the non-eaters say and what others write about them. You can consider it as a possibility but not as something sure. Acting like this, you do not create new beliefs due to suggestion of other people, but you remain free, while having more information.

## A LIST

On the internet you will find many people described as non-eaters, ineditates, pranarians, breatharians, Light eaters, etc.

I listed here, in alphabetic order, the names of people which I found on the internet:

Akahi

Anne-Dominique Bindschedler

Anne Catherine Emmerich

Elizabeth the Good

Helen of Ensellini

Camila Castillos

Dirk Schröde  
Edith Ubuntu  
Elitom ben Yisrael  
Erika Witthun  
Genesis Sunfire  
Henri Monfort  
Isabelle Hercelin  
Louise Lateau  
Maria Domenica Lazzeri  
Mary J. Fancher  
Master Fu Hui  
Master Guang Qin  
Master Jue Tong  
Master Liao Fong-Sheng  
Mony Vital  
Nun Shi Hongqing  
Oberom C. Silva Kirby  
Oleg Maslow  
Olga Podorovskaya  
Peter Sorcher  
Peter Straubinger  
Phan Tấn Lộc  
Reine-Claire Lussier  
runforlove  
Victor Truviano  
ViSaBi

Are you one of them? Please, contact me, tell me your story, share with me your experience and visit [forum.breatharian.info](http://forum.breatharian.info) .

# HEALING FAST

Statistically, fasting is the most effective physical method to heal man. It is the cheapest and fastest way to:

- get rid of the most serious illnesses (cancer, diabetes, coronary diseases, high blood pressure, eczema, asthma, and so on);
- permanently improve health;
- rejuvenate the body;
- slim the body;
- get rid of the collected toxins and parasites;
- raise body's life energy level;
- improve the psyche mood.

In case of most people suffering because of so-called civilization diseases, which are commonly considered incurable, healing fast is a way to restore full health.

Individually, depending on man, the fasting can take from a single day till several months. In case of an ordinary, not overweight man, an inhabitant of so-called western civilization the maximum fasting time is about seven weeks. Most often fasting takes from 7 to 28 days. Almost every psychically healthy man can fast if they are not afraid and not forced to do it. Emotions (not lack of food) awakened by the fear during fasting can kill the body. There are a few main methods of healing man via fasting:

1. Dry fasting – nothing is taken into the mouth, even not a drop of a liquid.
2. Ordinary or water fasting –only water is consumed.
3. With herbs – the only consumed thing are liquid herb infusions (usually for a short time).
4. With juices – in fact, this is not fasting, the proper name for this is 'juice diet' or 'liquidarian diet', because only juices are consumed.

## DRY FASTING

According to the principle: “the simplest solutions are the most efficient ones”, dry fasting, during which nothing is taken into the mouth, even not a drop of water, produces the deepest cleanup and cure of the body. Actually, to make it most efficient, one does not even (literally) touch any water. The body should remain without any liquid during the whole fasting period.

It can be said that a week of dry fasting is as efficient as two to three weeks of fasting on just water. During the ideal dry fasting, man does not drink water and even do not touch water, which means no body wash. However, in many cases this is too extreme, so taking bath is recommended.

Fasting without any water can last from 1 to 14 days. It depends on some factors. The drier and the hotter the air, the shorter time man can stay without drinking. The more physical activity causing perspiring is involved, the shorter the body can stand without water. When the conditions (temperature, air humidity, physical activity of man) are normal, an ordinary inhabitant of the mild climate region can dry fast for 7 days.

The body can slightly dehydrate during dry fasting. It is allowed to let the body dehydrate a little, but it is important, during the whole time of dry fasting, to regularly check the body. When the dehydration of the body crosses a critical level, this process cannot be normally reversed (restore the proper hydration of the body) and then the body stops working (dies). Ordinarily the first 4 days without drinking (and eating) do not require any special care, but later the hydration level of the body should be monitored, for example, by observing the skin.

Another important factor, which determine the period of time the body can dry fast without any harm, is the amount of substances to be excreted from the body. For example, if man has eaten a lot of salty food, which resulted in more salt be accumulated in the body, it would not be wise to start dry fasting without first removing the excess salt. You can draw a conclusion from this, that before starting a dry fast. In this case it is worth to do water fasting for a few days prior to dry fasting.

A good procedure can be something like this. You start with water fasting. From the day eight do not take water any more. In this way, you start dry fasting when the body has got rid of the excess salt and other substances which need water in order to be removed.

Usually after only two to three days of fasting, the body's need for water becomes quite small, so giving up water after a week of fasting is not a real challenge.

## **WATER FASTING**

During water fasting, water is the only substance allowed to be consumed. The water should be clean, energized by nature and properly structured.

The best is rain or snow water collected far from polluted air or distilled water. If you use distilled water, first cool it till ice starts to appear. Then put it back in room temperature – it is ready for drinking. Drink warm or room temperature water.

Nothing is added to the water, no sugar, not even a drop of lemon juice, no honey, no coffee or tea. Drinking water with added substances disturbs the digesting process and does not allow the body to switch on the internal nourishing (and to switch off the digestive tract). Fasting, when the internal nourishing is not working, wears the body away faster. This manifests, among others, via faster weight losing and worse mood, and may cause accelerated depletion of minerals. This process is called starvation; if it is being extended, it brings death to the body.

Water fast can take from one day to a few (in extreme cases even more than a dozen) months. The length depends on, among others, the total weight of the accumulated excess matter (mainly fat) and the physical activity of fasting man. In average, it can be assumed, to “burn” 1 kg of body fat, 2 to 4 days are needed. For example, man having 20 kg of excess fat can add 40 to 80 days to the main fasting time. The main fasting usually takes from 1 to 40 days; in most cases the longer the more advantages for the body. Every short fasting is good for the body, but more advantageous is a fast lasting for at least 14 days – the minimum time needed by the body to manifest lasting health changes.

If you have never fasted, it is worth to first exercise it. The first fast can last for only 1 day. After a few days you can fast for 2 days and nights. Make a break for a week and then fast for 3 days. You can repeat such 3 days fasting for a few times, till you feel that such short fasting is nothing extraordinary for you and you can easily fast longer.

Then try 4 or even 5 days fasting. Extend the next fasts, e.g. 7, 9, 10, 12 days and nights or differently, according to your own feeling, till you reach 14 days. Once you reach 2 weeks (or earlier) most probably you will feel that you are able fast for a few weeks.

Fasting for 7 weeks (also shorter) may cause “miracles” for health. Biologically rejuvenates the body – a fact experienced clinically, visually and via the mood. It removes almost all illnesses (some, for example, neglected cancer may need more than one fast), smooths out wrinkled skin, restores the natural colour and strength to the hair and stops hair losing (hair may start to grow anew), beautifies the body (not only via removing the fat).

People who fasted for health talk with conviction about many advantageous, mental and psychical health changes that they have experienced. “I never imagined that I could feel so good.” “If you have not experienced this, you do not know, what the true good health is, even if you have been feeling very well.” – These and similar opinions may be heard.

There is one serious danger, which may make the body to stop working – that is to say, die – it is fear. The society suggestion (in which most people on Earth live) inculcated a belief (program) in the mind that man has to eat and that fasting harms the body. Well, if you believe this, do not start 40 days fasting right away, because if you do, the body may stop working earlier, just because of the belief. It is better to first exercise fasting in order to experience it for yourself that such beliefs result from insufficient basic knowledge about how human body works.

## **SYMPTOMS**

During fasting the body cleans itself, removes toxins and parasites – this may cause unpleasant reactions. Every people feels this differently. One feels nothing extraordinary during the whole fasting time and has no unpleasant reactions, while another fasting man feels so bad that they may compare this to the state of dying.

Therefore, if during fasting you feel well, you may enjoy the coming benefits for the body and mind and you can continue your daily life (except for the eating, of course) as usual. If you belong to those people whose body manifest the unpleasant reactions, know that they are beneficial symptoms of your biological and mental self-cleaning and rejuvenation – you can calmly wait for them to pass. In very few cases the symptoms may require you to stop the fasting.

Here are some of many unpleasant reactions which may appear during fasting. They all are temporary.

- headache, pain of any internal organ, pain of a bone, joint, eyes or anything else in the body;
- more hair falling;
- body weakness;
- dehydration of the body;
- dizziness and fainting;
- weight loss;
- joint (or other places) swelling;



- psychic (mental) instability;
- sudden or acute illness (strong activation of old or chronic disease);
- rash, allergy intensification;
- kidney, liver, gall bladder stone movements or elimination resulting in severe pain;
- fever;
- drop of blood pressure;
- heart palpitations;
- nausea, vomiting.

If some of the above symptoms appear, just wait till they pass after a few hours, days or weeks (in extreme cases). These symptoms do not harm the body by themselves. However, it is worth to pay attention to them because things like dizziness and fainting may cause you to fall down and wound the body.

If your blood pressure is low, pay even more attention, because it may go even lower, reaching a dangerous level for the proper work of the body. Better control and plan your activity in consideration of this matter.

If there are big stones in your kidneys, it may happen that a bigger piece will block the ureter causing extreme pain, which may need a doctor intervention (do not stop fasting but unblock the ureter).

Shortly it can be described that every of the unpleasant reactions appearing during fasting indicates undergoing processes of removing excesses (accumulated for years) like toxins, dead cells, fat, and also of undergoing self-reparation and -regulation (e.g. the endocrine glands). The body, a perfect biological self-controlling machine, restores the state of the most efficient functions for itself, if it is allowed to do this, if given the time and if not overloaded with the digesting.

Fasting is a period of time when the body is not disturbed and is allowed to do all the necessary reparations, cleaning, renovations etc. Thanks to this the body can work better and longer. Fasting regularly is one of the most important secrets of long life.

## **INTESTINE WASHING (enema)**

It is really worth to wash the large intestine with water during fasting. Also during dry fasting, the intestine can be washed, although in some rare cases, this makes the fasting less efficient because water is delivered to the body.

Some people think with disgust about enema. If you belong to them, you do not have to clean the intestine. However, be aware of the simple fact that it contains putrefying matter. The poisoning toxins produced by the putrefying intestine content are entering the blood. Then they circulate throughout the whole body, causing unpleasant reactions and additionally loading the excreting system. This can go for months.

The not excreted matter of the large intestine remains in it as fecalith, which may be the cause of diseases including intestine cancer (one of the most often death causes in Europe and America). Anyway, it is up to you to decide what you prefer, to see the disgusting dirt flowing out of your body or to putrefy inside.

The large intestine is a tube 60 to 80 cm long, with many nooks, so it needs many deep washings in order to be well cleaned. It is enough to use clean water for washing the large intestine. On the internal side of the large intestine, something similar to gum-like mucus is being accumulated for years. It may be difficult to remove it completely. In some cases, fasting for a few weeks, with deep enemas, is needed. Then it gradually tears off and flows out.

Wash the intestine once a day during the first week of fasting. Then wash it every second day during the second week of fasting. Later, enema twice a week or less should be enough. When only clean water will be flowing from the intestine even thou you wash it deeply, you can decrease the incidence to only one enema a week.

If you are planning complete dry fasting, wash the intestine well before starting it. During complete dry fasting, no enema is done so that no water is given to the body. Therefore, in order not to suffer, it is worth to do water fasting for a week (doing deep enema every day) and then start the dry fasting.

The large intestine washing by itself (even without any fasting) is an efficient cure, which in many cases removes the cause of illnesses. Most people have no idea what can be accumulated in the intestine. Remains of eaten food may stay in the intestine for tens of years, in form of fecalith and gum like mucus glued to the sides. These remains are one of the main causes forming intestine tumours.

## PHYSICAL ACTIVITY

It is worth to move the body also during fasting. Move it even more than usually if you lead so-called “seating life style”. Strolling, jogging, swimming and even cycling are recommended. The movement helps the body to remove toxins faster.

Being physically active is particularly recommended when you are not feeling very well. However, when the body is really (very) weak and it requires a rest, never force it, let it rest. Be reasonable in this concern.

So-called energizing exercising are worth of special attention during fasting. Among others *Qi-Gong*, *Tai-Ji*, Hatha Yoga and isometric gymnastic belong to them. You do not need to worry if you know none of these. The most important thing, when doing an energizing exercise, is to **focus on the flow of energy through the body**. Focus on feeling the energy flowing through you and do not think about movements of the body. The body, when feeling the flowing energy, will start moving the muscles – let the body do this.

# NON-EATING or FASTING

Man's body can function without eating for a very long time. It depends on many factors, mainly: Conscience sphere in which man lives, fat and muscle reserves, psyche state, environment temperature and physical activity. The longest fasts (not inedia) documented by medical research lasted over fifteen months. The fasting man drunk up to two glasses of water per day and felt very well during the entire time. Fasts lasting up to three months are nothing extraordinary or dangerous for the body of an overweight man.

Inedia differs from fasting mainly by:

- body weight changes;
- disposition;
- way of building the body.

## BODY WEIGHT CHANGES

When man stops inserting food and drink into their body, the body first removes (during the period of initial few days to a few weeks) substances constituting the biggest obstacles in its functioning. Water, as a solvent, is needed by the body so that it can remove redundant and toxic substances. This is why the body needs water during the initial few days to a few weeks of fasting. How much – you may ask? Usually not much, from one cup to one litre per day – this depends on the body constitution, climate, physical activity and other factors.

Having sufficiently cleansed itself, the body decreases its water requirement to the level of a few to a dozen cubic centimetres per day. Drinking may become unnecessary in favourable environmental conditions when the body needs no water.

Drinking impacts body weight. If a fasting man drinks only as much as their body demands, their body weight goes down until the best level for this man is reached. Right body weight for a given man may considerably differ from what is defined by so-called common sense and (dependences between height and weight) data published in tables.

**The right body weight is when the body has no excess and no deficiency, not when its shape most appeals to other people.** Most people do not believe that a body of the proper weight looks almost like a skeleton covered with skin.

Man feels best when they have a body of the proper weight because then their body functions properly. Difference in body weight between two people of same height may be as much as 15%, even if each man has body of proper weight.

During fasting, the body of a non-emaciated man is going in the direction of the proper weight. The body will reach the proper weight after fasting for a period which depends on e.g. initial excess of fat, water and muscles, man's Consciousness sphere, spiritual and physical activity. In case of a very fat man this may take a few months – for this man, fasting is very recommended.

What happens next, that is, what happens to the body when it has reached the proper weight?

If man can live without food, that is, can be an inediate, their body maintains the proper weight. However if man cannot live without food, their body weight will continue to go down. This happens because the body is constantly using and removing cells and it does not receive any material to build them. This man does not fully live on Light. If this process, called also self-eating, continues, the body becomes emaciated and eventually stops functioning, it starves to death.

## **DISPOSITION**

During the initial two to three weeks of fasting your disposition can be quite changeable. There is no need to be worry (within limits of reason, of course) about your body weakness, pain, dizziness, nausea or other symptoms occurring during this time. These are signs of body cleansing or self-healing. However, later, when the body approaches its natural state, which usually takes two to three weeks (can be much longer in case of obese man), your disposition becomes perfect. Only then (maybe for the first time in life) you understand what it means to feel well and to be truly healthy. You have so much energy, will to live and work and to be physically active. Also much creativity manifests in your mind.

What follows with the flow of time?

If you can live without food or be an inediate, the good disposition and everything associated with it will remain. Good mood, happiness, self-satisfaction and optimistic lovely attitude towards others indicate good state of

the body and psyche. “Healthy spirit dwells in healthy body.” – a Polish saying.

However, if you are unable to live without food, you will be weak, unwilling to do anything or even feel sad. The more your body will need food, the worse you may feel psychically. This indicates that you should go back to eating.

## **BUILDING THE BODY**

In simple terms, the building material for inmediate's body cells is created from Light, the source of which is IAM. Therefore an inmediate needs nothing to insert into the digesting track.

The building material for the non-inmediate is delivered from the outside in form of food, drink, air and radiation. If the amount of the building material is too little, the body will show deficiencies which manifests as defects and dysfunctions.

In fact, also in case of the non-inmediate, the body cells are built from Light although biological research shows chemical reactions on molecular level.

Summary.

If you have not eaten for several weeks and you still feel well and the body weight does not go below the proper value, this looks like you can live without food. However, if after several weeks (let us assume that it is forty days for a statistically not overweight man) your body's weight goes under the proper value and you feel bad, this should make you conclude that the body is being harmed. In this case, if you do not give food to the body, you may make it fail.

# BEINGS and NON-EATING

Humans living on Earth consider food something necessary. In other words, an average human is a kind of a being for whom eating is an inherent and indispensable part of life. Eating is an essential experience of human life on Earth because it is related

Among purposes why many beings come to live on Earth, there is one – to experience eating. Experiencing things associated with eating (like: food preparation, taste, structure, smell, resulting disease, pain) is attractive enough to make a being live here. This is why for most people on Earth, forced non-eating means being deprived from going through the expected experience. This, of course, brings them to leaving the material body.

On other planets, in other universes or dimensions, the relation to what people call food or eating is much different. There is a big diversity, from beings who eat nothing (they even do not have the alimentary track) on one end of the line, to beings who eat constantly and create a unity with food on the opposite end of the line.

Beings living in this universe can be divided into three groups:

1. Non-material beings.
2. Partly material beings.
3. Material beings.

## NON-MATERIAL BEINGS

“Non-material” (as people on Earth understand this term) beings usually have the body invisible for human eyes and impalpable though more sensitive people can see and/or feel them. Their bodies do not have what we would call internal organs. These beings can take any shape depending on their will.

One can easily guess that the non-material beings have nothing common with what people call food. An average inhabitant of their world may even not know what food is. Eating is an unattainable experience for them, so some of these beings dream about experiencing life in hard matter in order to be able to eat. Then they come to live on planets like Earth. Life here is hard for them, no wonder they have suddenly changed their life circumstances. They have problems with eating. Many anorectic or bulimic, people frequently overeating or striving to inedia originate from these

beings.

Non-material beings, having entered into human body, find themselves not completely adapted to living in this environment. This is caused mostly by difficulty with adaptation to matter. Eating constitutes a strong link between matter and the being. This is where the striving to freedom of eating originates from, which previously was their natural state. Self-grounding providing more stable relation with matter helps them to dwell in the body more easily.

Many of these beings are unable to remain without eating in the human body because the link with the body (which is matter) may become too loose which results in breaking it permanently. Eating is not only a necessity for them, it is also a part of intended experience with matter. Thus giving up food may mean for them the lost of meaning of life.

I sometimes meet these people on Earth. The majority of them do not know what causes their “problem” with (non)eating. I explain about this so that they have information useful for understanding the problem. With more useful information in this field, they can more consciously choose to experience matter or to be an inmediate.

If you meet a man – most often they will be fat or thin – who emanates Love and warmth like a sun, has sensible angelic nature and problems with (non)eating, you can presume that they came from a less dense world where food was not known. Statistically, the bigger the “problem” with (non)eating, the shorter experience with matter they have, most often acquired on Earth.

## **PARTLY MATERIAL BEINGS**

The density of their body varies in the range between almost invisible and impalpable (similar to fog) to almost as dense as would be the human body without bones. Such a being can be a foggy ghost constantly changing the shape, similar to a liquid, jelly-like substance or something like plasticine. It is an interesting experience to insert your hand into or even throughout the body of this being, if they allow you to.

As you may easily guess, the food eaten by these beings also is of loose consistence. They eat jelly-like substances, liquids, gases, fire, temperature, radiation and emotion of other beings. There are many born non-eaters among these beings. Adapting the body to inedia or non-eating is relatively



easy for them, compared to people.

Partly material beings choose rather other planets than Earth for living. Living here, even though possible, is not very favourable for them because here they quickly lose energy. It is more difficult for them to find large variety of food here, of course.

If average man would decide to be fed as partly material beings, they might quickly become thin, weak and feel bad. To compare, this would be like in case of man, who normally eats heavy food, but suddenly switches to only drinking juices.

## **MATERIAL BEINGS**

People can easily understand what it means to be bound by food to matter. Material beings are so fixed in dense matter that attempting to break this bond may cause death to them. It is really difficult for them to do without inserting food into the body. The deeper they are in matter, the more difficult the “process” of adaptation to living without food is for them.

This is important information because it means that striving to live without food causes transformation of a material being into a less material being. Like other changes, if this transformation is forced or too quick, it may fail.

# PRINCIPLES OF PROPER NOURISHING

Although this book is about non-eating, it is highly advisable to start with healthy body. One of factors defining body health is diet. Use this information for your benefit and share with others.

## 1. CONSCIOUS EATING

Every man is a different universe, that is why such a thing like universal diet does not exist.

When you follow a diet – you harm the body. When you follow the body's real needs – you strengthen the body.

I suggest that you recall Conscious Eating method described above, and apply it for your benefits. Conscious eating is the most important principle of proper nourishing.

## 2. CHEWING

From the moment when man puts something into their mouth in order to eat it, chewing becomes the most important thing. Proper food chewing is the basic condition to fulfil so that the body can treat food properly. Insufficiently chewed food, falling into the stomach, has no chance to be treated properly by the digestive system, thus it becomes a burden – such food harms the digestive system.

The stomach is an organ which constitutes the second link in the digestive system chain of the body. The stomach is to accept matter which is already properly prepared, that is, sufficiently crumbled, mixed with saliva and initially digested. If any of these processes is not performed, the stomach is unable to fulfil its work completely.

Then this improperly prepared matter goes from the stomach into the duodenum. This process continues till the excretion. Due to this reason, the body excretes matter which is not fully processed. The body would not assimilate all that it could do from the eaten food, if it was not properly chewed and mixed with saliva. This is one of the causes of body diseases

and ageing.

This simple action of chewing has a huge impact on the entire body. If you want to compare, you can easily do it. On one day, swallow your food without chewing (to the extent possible). After a few days' break (for body recovering), eat with the proper chewing. Now, when you compare your health, feeling, and appearance of the body excretions, you will have no doubts.

What is the proper chewing?

Before something is swallowed, first it has to be chewed in order to bring it to a maximum liquid consistency possible, and it has to change the taste. For example, when you are eating bread, before you swallow it, you need at least three minutes of continuous chewing, so that the bread bite changes into a liquid (liquid mash, heterogeneous suspension in the saliva), that has a different taste from the initial bread bite.

If the taste becomes unpleasant, it is an indication that the body does not want it. Then, without hesitation, spit the mouth content out. The body already has taken everything that it needs from the chewed food. If you swallow it, you unnecessarily change the body's self-cleaning system.

It is worth to chew also liquids, that is, mix them well with saliva by seeping them through the teeth. Liquids need shorter chewing time before they are swallowed.

It is important to mix cold drinks with saliva, because the additional advantage is warming them before they are swallowed to enter the stomach.

Man following the principle of proper chewing notices soon that their body can be sufficiently nourished only by chewing food. The body seldom needs swallowing food that was chewed for a long time.

In this way, it is easy to notice that the body rejects most of the processed foods by telling you with the taste. A good example is deeply processed (far from nature) food, e.g. cake, pizza, chips, sausage, and dairy – when they are chewed for a long time, they change to disgusting taste. Hardly anyone feels like swallowing it.

Fruits and some other not processed foods, after longer chewing, change the taste to even nicer than the initial bite. In such cases, of course, one ought to swallow, not spit out, the food longer chewed.

Thanks to long chewing, one can feel when and which food is advantageous for the body. Also, one can feel what the right amount to be eaten is.

Besides that, experience achieved from proper chewing helps create essential knowledge on the way to non-eating.

Chewing, as described above, is a component of Conscious Eating method. Without proper chewing CE cannot be performed.

### **3. WITHOUT DRINKING**

Drinking while chewing makes it more difficult for the digestive system to process food in a proper way. People usually sip a drink, when chewing something, in order to faster soften and crumble solid food. As you can guess, when solid food is faster made into a mash, it makes one to feel like to swallow it earlier, before it is well mixed with saliva, thus the stomach receives improperly processed matter.

Drinking while eating solid matter also disturbs the digestion process, because it dilutes the saliva and digestive juices. Then the diluted digestive juices digest the food more slowly, which creates conditions for earlier rotting of it in the intestine.

Abstain from drinking directly prior to eating, so that the digestive juices are not diluted and you do not fill the stomach with a liquid directly prior to eating of the proper food. If you feel thirsty, drink to quench it, but wait a dozen of minutes before starting to eat.

Washing down directly after eating is even worse. This practise worsens the digestive process, as just described. It is better to drink after the digested food leaves the stomach.

If you feel that you have not enough saliva when eating something, you can change your food to something wetter, instead of drinking to assist chewing. However, remember that long enough chewing mashes any food and changes it into a liquid form.

### **4. WITHOUT MIXING**

One of the most important principles of proper nourishing is to have only one type of food in one meal. For example, when you eat rice (carbohydrates), do not add to it, in the same meal, eggs or meat (protein). Eat only rice, and eat the eggs later when the rice is moved farther from the stomach.

Every food needs defined digestive juices. The chemical composition of digestive juice for a given food can differ from the composition required for processing another food efficiently. This difference in the composition can cause mutual disadvantageous reaction between both digestive juices. Thus, when two different types of foods are mixed in one meal, the secreted digestive juice cannot process the mixture properly. This manifests itself by putrefying process in the intestine, flatulence, constipation and other digestive disorders.

Proper mixing of foods is especially important in case of unnatural food-stuff, which is everything that was processed (cooking, frying, baking, smoking, etc.) prior to eating. When man eats food directly from nature, which is not processed, the body manages it much better in case of mixing different foods in one meal. The difference is made by the enzymes contained in the food (more about that later).

Here are examples of errors most often made in mixing foods:

- Food containing much protein (e.g. meat, egg, soya, bean) eaten in the same meal with food containing much carbohydrates (e.g. potatoes, bread, rice, pasta).
- Fruits mixed with dairy – yoghurt, cocktails.
- Salads or juices made by mixing together fruits with vegetables.
- Rice, potatoes or bread mixed with butter, margarine, lard or other oil.

I suggest that you find more information about (im)proper mixing of foods.

Usually eating only one type of food in a meal is most advantageous for the human body. For example, you can make a breakfast consisting of mainly carbohydrates (e.g. rice + sweet potato), lunch consisting of only vegetables and dinner consisting of mainly proteins (e.g. bean + egg). If you feel this to be too difficult to follow, or that your meals are too poor, you can do your own research about mixing foods properly.

## **5. DIRECTLY FROM NATURE**

Nature is an integral whole consisting of elements perfectly adjusted to each other. When observing nature, you see how everything is functioning perfectly. Sometimes it may seem to you that some programs of nature can be perfected. However, when you learn about these functions, you can see that they are already perfect. Elements constituting nature are already ideally fitted to each other and working in such a way that any man's "correction" can only harm this order.

Some of nature elements are programs of transformation. In this transformation, some bodies are changing on the basis of the others. A typical example is eating. For example, a plant is eating (absorbing) water, air, minerals and sun light. Man eats fruits of plants or entire plants. Earth and air are eating (absorbing) products of man or entire man.

The transformations happening in every of these stages do not need any intervention – materials, energy, products of metabolism are found in nature in proper form. If man intervenes in nature's functions, for instance, products of nature are modified or changed by others, the transformation is disturbed. Disturbing nature brings about results incompatible with programs of nature, thus causing harm to people.

A typical example of intervention in nature's transformation is food processing. Cooking, frying, baking, smoking and other processing produces something artificial that is not found in nature (with some exceptions). The human body is a product of nature and it is subject to nature's mechanisms. Feeding man with artificial substances that are not found in nature, causes perturbation to the natural transformations concerning man in nature. So what follows is intervention in laws of nature. As experience and observation of nature show, the interventions in its programs disturbs life of people, animals, plants, water, soil, and air.

Which beings in nature, except man, cook, bake, etc. their food? Which beings on Earth, except man, genetically modify their food? As a result of man's such activity, the appearance, health and life expectancy of their bodies are worsening.

Food prepared for man by nature is ready for eating. Every food prepared for man by nature has a perfect composition, for the body to deal with it properly. Any processing of this food leads to production of substances which are not known to nature, thus human body does not accept it.

Thermal processing of food naturally found in nature destroys enzymes. Enzymes contained by nature's food are necessary for proper digestion. Destroying the enzymes (temp. 48°C and higher does it) renders the food indigestible and turns it into poison for the body. Such food forces the body to use its own provision of enzymes. This provision is normally non-renewable. When it is fully consumed, the body dies. This provision is enough for a few dozens of years. This is why, among others, people eating raw food have healthier body and live longer.

The body of a statistical Earth inhabitant is forced to eat processed food almost from birth. This is one of the reasons why sudden change to eating only raw food can cause unpleasant reactions – symptoms of drug rehab. So, it is worth doing the transition gradually, because the body does not like sudden changes, although it is very flexible in terms of adaptation. By the way, think about the resulting savings for you, society and environment, when people eat only raw food. Another book can be written about this theme.

A big part of humanity lives in regions which are not inhabitable for human all year round. People live there because they have learned to warm their houses and store food for times when the soil does not yield crops (food), mainly in winter.

Earth has assigned for man the subtropical and tropical zones for living around the year, where food is always available and does not have to be preserved.

If you live in cold a climate, it will be difficult for you to eat raw food around the year. For the time of winter, better go to a warmer region where you have fresh food at arm's length.

## **6. WITHOUT FLAVOURINGS**

Have you heard comments similar to these ones? “Without salt it is tasteless.” “Without sugar it is too bitter.” “Meal without flavourings tastes bad.” “I have to be spiced well.”

When the body does not need something, man, not being hungry for it, does not feel like eating any given dish. But if this dish is treated with flavouring (sugar, salt, herbs, vinegar, etc.), most people would eat the dish with pleasure. This proves that people often eat dishes not because they are really needed by the body, but because of the taste.

When something not needed enters the body – poisoning occurs, thus the body is forced to remove or store the excess matter. This is one of the reasons of accelerated ageing and earlier body death.

All the flavourings are substances that deceive the senses of taste and smell, which in nature serves as indications of real body needs. Look into nature, which being, except man, puts flavours in food?

When the body demands food, man clearly notice what they feel like eating, they are hungry specifically for this. The taste of food indicates to man what their body needs, then it tastes good even without any flavouring.

You can verify this theory on yourself. When you are satiated, you do not feel like eating any given meal, which is without any flavouring. Later you will feel like eating it, but if it was sufficiently tasteful, that is with flavouring and in beautiful shape. You do not feel like eating it raw.

Do not eat it but wait longer. After, say, a few hours or days, you will clearly feel like eating this (hunger) with pleasure, without any flavouring and even raw. This happens only when your body really needs this food.

Another example. Most people, who like to eat meat, would never eat it when it is raw. This is because they like to eat a product made from meat that is duly prepared and spiced. If their body would need meat, they would eat it raw with appetite. Some people, in fact, having fasted sufficiently long time, feel like eating meat even raw.

Nature does not cook, so it provides only raw meat for eating, but if you do not feel like eating raw meat, this means, your body does not really need it. Then, if you force it to eat meat, you harm the body.

You probably have heard about using “herbs assists in digesting”. This is a fact, herbs and other substances affect digesting, taste, and appetite.

Another fact is that the human body does not need these things. What man needs is to eat right substances in right quantity and at the right time. Being close to nature and observing body taste indications are helpful for right nourishing.

Following the taste choice of the body, one has to be aware that indications of the taste sense can be wrong in case of addiction. Addiction caused due to often and regular consumption of a given food makes the sense, in this case, to indicate wrong body need. Pay attention to this and do not follow this indication of the taste sense.

Willingness of the taste sense for eating things like, e.g. candy, chips, fries, doughnut, cake, wheat bun, chocolate bar, ice cream, hot-dog, pizza, corn-flake, popcorn, soda, and colourful yoghurt almost always means wrong indication, many times due to addiction.

## **7. ONLY WHEN HUNGRY OR THIRSTY**

This results from preceding principles of proper nourishing, because it is about real body needs, which body manifests by hunger or thirst.

Let me emphasize here that commonly practised eating of meals at fixed times and, associated with this, cooking the same meal “for all”, causes more harm than benefit.



On the one hand, the body of man eating meals at fixed times (breakfast, lunch, dinner) – after all we cook “for the entire family” – is forced to accept food when it does not ask for nourishment. On the other hand, the body is more often given substances which it does not need.

Using the CE method lets one feel that fixed times for eating is something that does not serve human body well. The body is served best by what it demands, and it has to be consumed exactly when the body needs it. The amount is also defined by the body.

Let me mention this again, about forcing children to eat. Parents complain that their children do not want to eat at meal times, but they cry out for food in other times. Well, they behave rightly, because the body of a child knows well when and what it needs. So, a parent caring about their child follows the child in this concern. They give the child freedom to choose the time to eat and the food type. At the same time, the parent protects the child against poisons like those mentioned above.

Forcing a child to eat, even to finish everything that was prepared for them, causes wounds, which are inflicted on the defenceless child during the development of their body and psyche. In this way germs of future mental illnesses that will reflect on eating, are created, e.g. anorexia or bulimia.

## **8. DRINKING AND WATER**

Only things that nature gives man to drink are suitable for them. The main drink that nature gives man is the water naturally flowing in a spring or river, and lake water.

When you open a fruit (e.g. coconut), cut a plant (e.g. cactus, birch), a fluid flows out – sometimes you can drink it. Note that this liquid is not pasteurized, with preservatives and in a plastic bottle – which you will never find in nature.

Man already has lost the ability to check the quality of water by smelling or tasting, the way animals easily do. Let us take a simple experiment.

Take water and divide it to two parts. For the duration of one night, keep one part in a glass bottle, and the other part in a plastic bottle, such as those bottles that water is sold in. Next, in the middle of a room put two identical glass or metal bowls side by side. Pour the water from the glass bottle into the bowl on the left, and pour the water from the plastic bottle into the bowl on the right.

Call a dog, cat, rabbit, or other animal – let the animal choose the water. What do you suppose, from which bowl the animal will drink? You probably guess that if the animal smells both waters, it will choose the one that was kept during the night in the glass bottle.

Now you go and smell both waters. Do you smell the difference?

No?

Then drink both of them.

Do you also not feel the difference in taste?

Oh dear!

You see, the basic ability – checking the quality of water. How does it function in you?

Well, not many people living outside of nature still are able to do that.

Man's body is composed in a vast majority of water. The quality of consumed water has a direct impact on human body, even if one does not feel that. For example, chlorine or fluorine added to water harms the nerve system, bones, teeth, and eyes. Bathing in such water harms the skin and hair.

If you are living in a city, probably your tap water is poisoned. For the sake of your health, do whatever you can in order to treat the water before you drink it, or buy good water.

Water in a plastic bottle also is not drinking water. Water solves poisoning chemical components contained in the plastic, even if it has food grade certificate. When you buy / keep water, do it only in containers made of glass, wood, stainless steel, silver, porcelain, or other material that does not poison water.

How to treat water for drinking – it is a different large theme for a separate book, so I am not going to develop it here. However, there is much available true information about this theme – just look for it. It is worth, because what is more important than health?

How much water to drink a day? Well, exactly as much as the body needs. More is harmful and less is also harmful. Advertised recommendations saying to drink, say, two litres of water, may be not good for your body. So, follow your body's real need.

## 9. NOT AFTER 4 PM

Here 4 o'clock pm is agreed upon, although for most people it is the right time. Considering statistically, taking the functioning of the human organs into consideration, this is about the time between 2 pm and 6 pm. The most important is to finish eating the last meal on a given day 4 to 8 hours (depending on food type) before going to bed. The later last meal is eaten, the lighter it should be for digestion.

Too late eating makes, among others, the body unable to finish digesting everything before starting the night rest. This means that the digesting organs are forced to work beyond measure, and the content of the alimentary canal is poorly processed. Food staying there for too long putrefies and poisons the body.

Forcing the organs to work during the time destined for rest, regeneration, and removing toxins from the body, contributes to feeling weakness in the morning. One does not feel like getting up and feels weak. Also bones, head and stomach can ache.

Eating just before going to bed is not only a sign of addiction; it is also the action comparable with slow suicide. The body of man behaving like this attracts illnesses and has little chance for full cure.

## 10. IN SILENCE

There is a Polish saying: “One should not gab during eating, because things lay badly in the belly.” (*„Przy jedzeniu się nie gada, bo się w brzuchu źle układa.”*) The actions of eating and talking are incompatible, that is, they badly influence each other – one who chokes can easily notice this.

When one talks during eating, food is chewed worse. It happens sometimes that during eating one is under a stress because of discussion, this later may manifest in stomach ache or diarrhoea.

People meet at a table in order to talk – parties are examples of this. Some people cannot imagine a social meeting without snacks. However, an unusual party, when people exercise eating in total silence, can be organized.

Eating in total silence lets one focus on eating only. Thanks to this, the life energy is directed to the digestive system more consciously. Man, when eat-

ing in silence, can better focus on the chewing, swallowing, and feeling the impact of the given food on the body.

Eating in silence is practised by people occupying themselves with spiritual development – this is a well-known practice in yoga and in many monasteries. The main purpose of this practise is the recognition and enjoyment of what is being eaten, and also the focusing on the presently performed action.

Besides this, there is the method of Conscious Eating, previously described – it can be properly performed when in silence.

# CO-OPERATION FOR DEVELOPMENT

One of growth characteristics of the human civilization on Earth is that man is discovering more and more of their abilities, which proves how big and largely unknown power they possess in themselves. This growth is caused by expansion of the Consciousness sphere that man lives in.

One of this abilities is to maintain the body in proper functioning without inserting into it substances commonly recognized as food. This ability, although still very little known on Earth, becomes a part of life style of more and more people.

One of the reasons why people choose worse solutions for themselves is insufficient amount of information they have. False beliefs, superstitions, falsehood and misunderstandings are caused by lack of true information. Nowadays an average man has almost no knowledge about the ability to live completely without food. This is why I feel that it is worth to give people more true and scientifically researched information so that they can decide with more certainty about making advantageous changes in their life.

I am open for cooperation especially with scientists, doctors, journalists, editors and institutions interested in serious research about inedia, non-eating and fasting. The goal of this cooperation is to create a comprehensive documentation, which can be beneficially used by people. Furthermore inedia is an interesting subject for master, doctorate or other dissertation.

Please, do not fear the establishment, have the spirit to explore this subject with an open mind. I will readily cooperate with you for the good of people, so do not hesitate to contact me.

## F. A. Q.

These are the questions I am asked most often personally or on the breatharian forum. If you have other questions, that you think may be worth including here, please write them on [forum.breatharian.info](http://forum.breatharian.info).

### Why do we have alimentary canal?

The answer is obvious – in order to process and excrete everything that is thrown into the body. The human body is a machine controlled mainly by instinct and is the subject of so-called “laws of nature” (set of programs constituting the material world).

Man being has “free will”, which is manifested by creativity of the intellect, so that they can experience life in a way that IAM decides. The human body is a tool through which man experiences matter.

Instinct, which creates and maintains the body, falls under the influence of social suggestion, therefore many products created by the mind of a given man are the same as those created by other people's minds. If a body is born in a society of people who eat, it has systems and organs properly adapted to digesting and excreting. If the body is born in a society of non-eaters, it has these systems inactive or do not have them. The program set of a society that man is born in decides about their body.

The human body is very flexible in adapting itself to defined life conditions so that it can broadly experience matter. It is the most sophisticated, self-controlled machine known in nature. All its senses and organs are needed so that man can experience life. They all can broadly adapt themselves to specific requirements.

The digestive and excreting systems are tools which make it possible for you to experience the program set called material food. As long as man remains in experiencing matter in form of food (taste, consistency, temperature, illnesses caused by eating, alcoholic stupor and many other) these systems are indispensable for him/her. When this experience is finished, the alimentary canal becomes useless to the body and therefore it disappears (atrophies), as researches made on inediates show, or becomes transformed into something else.

In other words, as long as man stays in the field of experiencing matter by inserting it into the body (the tool to experience this), their body will possess, develop and transform systems which make this experience possible. When man finishes this experience, his body will be adapted to new circumstances and the alimentary canal will be removed, transformed or replaced by other system.

## Why do people die from starvation?

The hunger itself does not cause death from starvation, but the human body can die if it is given insufficient food. This is how programs in man's instinct work.

Potentially every man on Earth can live without food. But a potential does not automatically mean the associated skill. A potential only means that a given ability can be developed and realized. If the skill to maintain body in perfect working is insufficiently developed, the body will die if it does not receive food for too long.

Life completely without food is possible only for those people who have properly changed functions of those programs in the instinct which deal with food and eating. Only those people who are born in inmediate's society can live without food from the moment of their birth. In their instinct, the programs responsible for the relation between food and the body, function differently compared to people eating "normally".

The instinct does not think, it just functions exactly along the way its programs perform regardless of the results. If specific programs are not modified, then those programs are run which cause death to the body if it lacks food. So if man believes that they will die without food, this certainly will happen. The inmediate knows that food is not needed by their body to function perfectly.

## Why non-eaters do not go to places where people starve and do not teach them?

You can ask this question to every non-eater you meet. I suppose that everyone sees this differently. If you ask me – here is my answer.

The task I have undertaken is answering questions, so I am a source of information. I do not look for people seeking help and I do not offer it. I do

help if I am asked, I can and I want to. This is why I go to places where people invite me. I do not have any invitation from places, where people are starving. If I had one, I would consider whether to go there or not.

Besides this, here is additional information.

There are people on Earth who have profitable interests in keeping people in starvation, “incurable” illnesses, illiteracy and having nature polluted and so on. These people, with very big money and power, are ready to do a lot in order to keep others in poverty, ignorance and feebleness, because such people are unconscious and easily manipulable slaves.

people teaching about inedia in places where people are starving, may easily endanger their life. It is easier to manipulate the behaviour of desperate people who are ready “to do anything” in order to receive “a slice of bread” or “a bowl of rice”.

Another method, which often is more efficient, is to educate people “with a full stomach”, because they may be an example for others. This happens because people living in so-called (industrially) “undeveloped” countries follow solutions or taken examples from “developed” countries.

By the way, we could ask: Why powerful and influential organizations which take care of feeding the starving are much less (or are not) interested in educating these people? Why simple solutions, which provide sufficient food productivity and which could have solved the global starvation problem long ago, are not allowed to be used in regions where people suffer starvation? You may find very interesting and shocking answers to these questions if you dig deep enough.

## What to do in order to become a non-eater? Can I also live without food?

There is no such thing as a universal method for every body, because every one has their own way, every man is a different world. There are as many ways leading to inedia or non-eating as there are immediates or non-eaters.

If you know that inedia or non-eating is for you, you are already walking the right way. You probably have put on your way the activity aiming at expansion of Consciousness sphere in which you live.

If you ask somebody whether you are able to live without food, the answer



is ... no, you are not. As long as you do not know this, you are not able to do this, although you possess the potential. Information alone is not enough, but as soon as you start to feel the knowledge and power associated with it in you, you will stand at the gate giving choice of this life style. Then you will know what and how to do this.

If you already feel that inedia or non-eating is for you, you are already walking the way on which non-eating exists. There are many possibilities in front of you, so you can realize them according to your plan.

What to do? Do what you feel is the best for you. First of all, do not consider food bad for you (many people make this mistake), relax and take it easy. Life never ends and is not a race so you always have time. What you are unable to do now, you will be able to do later.

## It is a nonsense that people can live without food. How are you going to prove it to me?

Hereby I declare that I do not feel any need to prove that living without food is possible or that me or any other man is a non-eater. I do not intend to prove this. However I am open to experiments the outcome of which may be considered proof to some people.

Man living on Earth walks their own unique way, experiencing and building their own knowledge. Man builds their own world. Every man is a different world. All these worlds are different although they contain similar or even common elements.

To prove something or not, you can only to yourself. Regarding other things or what others say, you can only believe it or not, because they will not prove anything to you. You can also define a belief level which will mean a proof for you. So if you believe that this is nonsense – yes, you are right, this is true for you.

People build their world by their own beliefs, experiences and knowledge. Therefore what is true to one man (in their world), may not exist or be false to another man (in their world). This means that the truth is relative to people's worlds.

When for one man the possibility of living without food is true, it does not mean automatically that this happens to every man. The possibility to live without food is true for some people – they may even practise it. However,

at the same time, this is false and an impossible thing for other people. Therefore, when one man lives happily without any food, another man may die when trying this.

This is only one example of a thing which simultaneously can be possible and impossible, true and false. Of course, this does not make man unable to collect information, change beliefs, experience life and build their own knowledge.

Man characterized by natural tolerance, allows other people to experience whatever they choose to, because they know that this is a manifestation of man's free will.

## Where do the non-eaters take energy for living from?

When man thinks about non-eating, they most often first think about delivering energy. Man anticipates that the energy needed for living (that is e.g. to build body cells, function its organs, think, emotions) comes from outside.

Scientists researching material and energetic functioning of the body are biased on this belief. How energy is drawn by the body for its functioning, and what is the influence of specific compounds, called carbohydrates, proteins, minerals etc., on bodily functions. Scientists first try to find out how it happens that the human body functions, then they formulate hypotheses and create theories. Then other people accept these theories as the only truth.

Without going deep into the matter, it is a fact that man lives on what they believe that it give them energy. If man believes that bread, potatoes or apples give energy to their body, then this really does happen. If man believes that the Sun is the source of energy for their bodily functions, then this indeed is the case. Similarly – when man believes that breath, prana or Light is the source of energy needed by their body to function – this happens.

Man lives on what they believe that powers them. This is also true in case of the non-eaters. One non-eater can live on energy drawn from the Sun and another non-eater will power their body with prana from the air breathed in.

However, when you know that yourself are the energy source of your

body/mind's life, then this does happen. But if you believe only, it will not suffice. Your knowledge and clear feeling of it are indispensable. In this case you need nothing from outside. IAM, being the representative of the Consciousness, creates everything. This is the motto of this book: IAM the Consciousness and everything else is my creation. Thus I know that IAM the source of my life.

This is it, more or less complicated, how much I am able to explain with the intellect. But the intellect does not feel, it is only able to think (analyse, solve, create), so it cannot comprehend the above explanation.

Until man knows this by deep experience, their intellect is not able to understand how man can live completely without eating, drinking and without breathing. Until this happens the intellect will not know and probably will deny it. It depends on how much the intellect of a given man already knows, how much experience man has gone through and how large is the Consciousness sphere that man lives in.

I suggest, if you are interested in the theme of energy of the body in relation to what man eats, read the book “Man's Higher Consciousness” by Hilton Hotema. You will find a lot of interesting material in his book.

Physicists are trying to discover the material world and explain it to the intellect. This makes them create more fantastic hypotheses than science-fiction stories written just a few decades ago. If you are interested in present-day physics describing elementary particles, waves, energy, quantum and information, you probably will find intellectual explanation to this question. Why can a human live without eating, drinking, breathing and warm environment?

## Why did you come back to eating?

This results from my experience that non-eating and inedia are convenient factors in human life. Perfect health, fast, clear and creative thinking, much energy, extraordinary abilities – man slowly transforms themselves into superman, that is, they go back to their natural state. I, in my past, experienced that and even more, that is why I am now sharing this knowledge. However, presently this is not a way for me, because this disturbs me in realizing activities undertaken on Earth. I am choosing the normal, “primitive” life of an ordinary man. This helps me to learn life on Earth more efficiently.

Approximately 90% of human life is related to food. As a scientist experimenting on his own body and mind, I still am to experience this 90%, so that I can learn and understand more, and do not become detached from the reality on Earth. This is the main reason why I have returned to “normal” eating.

I am aiming for better understanding of people living on Earth, to know what information they need and are able to use on their way to the natural state of man.

The more man returns to the natural state, the more they will restore the natural life, that is, life according to the laws of nature, on Earth.

Full understanding of enslaved man, who has lost their basic knowledge, is possible only when one becomes the same, ordinary man.

This functions with the same principle for a journalist who wants to write a good report about the homeless, so he lives among them for some time: on the street, without money and home conveniences. This is why I need to live “normally”, as the others do, and experience the same – simply, to be an “ordinary” man, who is learning and developing himself all the time.

This is also the reason why I now eat normally.

## What do you eat now?

At random, whatever is in the reach of my hands. I pay little attention to it. I usually eat the remnants which are left after my wife and son finish eating. So, in short, my diet is not good, it is mostly harmful for the body; this is the diet of the ordinary man.

When I am a guest, I eat and drink whatever I am given. When they ask me what I want to eat, I answer, whatever they intend to give me. In this way I do not cause problems to people who invited me.

I am not a fanatic of any of the -isms – what I see is that they more often bring problems than help. I already have written about it, that man limits themselves with beliefs.

Once or twice a year I let my body rest – usually in early spring and autumn – I am fasting on water, from a few days to a few weeks. Sometimes I follow a diet on herbs or juices – depending on needs to heal the body.

## Can an inediate, non-eater or fasting people be sexually active?

Of course they can, according to their will and likes, as people who are eating can.

The body – electro-biological machine – uses energy for the functioning. The sexual activity of man results from a basic program, the goal of which is to reproduce – a pair of bodies produce another body. This is one of the most important programs composing the instinct.

“Normally”, during the intercourse, man discharges energy with the semen, and the woman receives it. Generally this is in accordance with the biology of nature, because the body of the male creates a dose of energy in order to place it in the body of the female, where new life is supposed to be created and develop.

Man can change this process, but this is a separate topic.

The energy in the body follows thoughts and stimuli. Man, who is aware of the energy flow in the body, can control it, for example: to direct, focus, take, and give.

Due to leaving nature and because of environmental stimuli, usually the ordinary man poorly controls the energy in the body, thus their energy accumulates in the region associated with reproduction. The younger man is, usually the weaker they control their emotions and energy.

In the case of the inediate, usually the energy accumulates in the upper regions of the body; this is why their sexual activity decreases. They can do that, but they feel less need.

If an inediate, non-eater, or fasting man can use techniques of energy control during the arousal so that the semen is not lost, then he can be much more sexually active. If he cannot do that, he loses life energy with every loss of the semen. How to control that, why, etc. – is a large theme that is described in many books.

In the case of fasting woman, inediate, or non-eater, although she does not lose any energy during the intercourse, she usually is also less willing, because the energy is accumulated more in the higher region.

## Does woman lose her period during non-eating or fasting?

When woman lives without food long enough, and she has a totally healthy body, then there is no bleeding during the period. This means good health, that is, the body has come back to proper functioning.

As almost all women lose blood during the period, this fact is considered normal, while the loss of blood is a reaction of the sensitive indicator of health, which the uterus is. The woman body loses blood during the period only when her body is insufficiently healthy, regardless of how she nourishes herself.

In the case of a totally healthy woman body, the absence of bleeding during the period does not mean infertility; on the contrary, it indicates full readiness to be impregnated. Fasting can help cure infertile women, being exceptionally effective for those who are obese and suffer due to excessive bleeding. Experience is required in this case, so it is worth to follow a doctor having sufficient knowledge in this field.

However, when woman is not able to normally live without food, that is, her body is starving, menstruation disorders can happen, which will cause lack of the bleeding. In this case, woman also can become infertile. Do not force your body to fast, when you want to get pregnant.

## Who ought not to fast?

Those who do not want to.

Those who are afraid.

One must not be forced to fast.

Besides this, read the list in the chapter “seven-week adaptation”.

## Can one take medicine and herbs during *bì-gǔ* ?

Concerning this, seek advice from a doctor who is experienced in healing with fasting. To make the complicated story simple – chemical components known as medicine are consumed in order to remove or avoid illnesses. During fasting, causes of illnesses are removed, then, what for to continue consuming chemicals? The same is with herbs, because they also contain chemical components.

During fasting, the body is much more sensitive to substances inserted into

it, that is why medicine is removed or the dose is significantly reduced.

Sometimes, during fasting, chemicals are introduced for a specific reason, for example, to cause diarrhoea. This all depends on specific and individual case, which is why you'd better consult a proper doctor.

# ABOUT THE AUTHOR

## SHORT STORY

I came to this material world on June 2<sup>nd</sup> 1963. When I was a teenager I started to become more interested in the so-called paranormal phenomena. After starting with radiesthesia, the circle of my interests expanded to include yoga, bioenergotherapy, spiritual development and related practices. As a consequence of this kind of activities, I became interested also in healthy dieting, (self)healing and healing by fasting.

When I was a teenager in Poland, it was difficult to find literature dedicated to esoteric topics. It was possible to find only some very expensive copied books. There were also organizations of radiesthesists, which often organized meetings about so-called paranormal matters. In order to learn and experience more, I participated in them whenever possible.

In 1984, before I was taken to the obligatory military service, I spent 4 months in a seminary. It was another interesting experience for me and I was also able to learn more about the clergy life.

Since 1989 I was travelling for over 3 years in Asian countries as a teacher and promoter for the international, auxiliary language Esperanto. During that time I was able to find much more literature about esoteric topics. Whenever I had the opportunity, I read and practised what I learned. I also visited, whenever it happened to be on my way, some spiritual development centres. But despite reading valuable books, speaking with “enlightened” people, visiting centres of spiritual practices, I had not found, as I can see now, what I was looking for.

Now I know that this thing is in me and I am the source of it. The deeper I went inside myself, the better I saw that all knowledge I needed, everything that I was looking for, and much more was there, in me; it had always been in me from the beginning. The only thing I needed to do was to allow myself to let it manifest itself in me. All the great renowned “spiritual masters” are not capable of giving me what I have always had. They can only, themselves being a source of information, turn my attention to it.



## CAREER

After my graduation in 1983, I worked as a chemist in “The Institute of Heavy Organic Synthesis” in *Kędzierzyn-Koźle* (south Poland) for a year. During my tenure at that institute, I often travelled through Europe to participate in Esperanto meetings. I left the institute in 1988 and went to Asian countries to teach Esperanto.

When travelling in almost 40 countries I had the opportunity to deeply experience and understand the meaning of the Polish saying: “Travelling educates”. No other school had ever given me so much experience and knowledge.

In Taiwan, at the end of my last sojourn, I started a private business – a publishing company. I published a book and was issuing the magazine “MONO” (money) in Polish and Esperanto.

After coming back to Poland I founded a foreign language school. A few months later my wife Chung-yi, a Chinese from Taiwan, arrived, to settle down with me in Poland.

In 1996 I closed the school and started a trading company ROSPEROS. The principal activity of ROSPEROS was importing computer parts called CPU upgrades, mostly from Taiwan. CPU upgrades enable inexpensive, efficient and ecological upgrading of old computers. It is a good solution for those who need more powerful computers but have limited finances. I closed ROSPEROS in 2005 – that was the end of my business activity.

Since 2006, I am conducting a research with the goal to build a device which gives free electricity, so that man will not have to be tied to the grid. Having a generator of free electricity, you do not have to buy fuel, pay for light, warmth and functioning of electrical devices. You do not have to work like a slave for something which always has been there for free.

## EXPERIMENTATION

Since 1979, when I was 16, I have been taking steps and doing experiments on myself on my path toward a conscious spiritual development. My decision to start the living without food (from July 1<sup>st</sup>, 2001) was one of those steps and experiments.

On July 2001 my family left the house for a 5 week vacation. During that time I worked daily as usual in my office. Every day I contemplated more than usual in order to adapt the body for the changes in its functioning.

I planned to adapt the body to the changes in its functioning within 3 to 5 weeks, but it took me longer than that. Most of the occurring change was not something new for me, because I had been fasting at least once a year to clean and heal the body since I was 16.

Having decided to experience life without food, I just put food aside. However, I later realized that for the majority of people, according to their beliefs, it is practically impossible to just put aside the food. That is the reason why I decided to first research and then describe methods of adapting the human body to living without food. This is why I started this book.

Having considered the matter, I came to the conclusion that the experimental path would provide me with the best data and experiences. As a natural progression of this idea, my next step was to revert to the 'normal' material body feeding and to make the body dependent on food again. So now I can say that by dint of the knowledge I have built up about the subject I can provide more information to people who are interested in it.

At the time when the first edition of this book was out, I had not yet decided when to begin the next experiment. I was putting off my final decision, trying to get some co-operation from qualified professionals like scientists, doctors, biotherapists or clairvoyants, who might be interested in the subject. There were some interested individuals but they either expressed formal interest or they were stopped by the establishment.

For me, the life style without food was the most convenient one. It gave me many benefits. That was the main reason for not giving it up for over six months despite feeling increased pressure from the outside. However, I was feeling that there are things more important, according to the tasks undertaken by me for this life, but the non-eating would prevent me from accomplishing some of them. Finally I decided to stop the non-eating phase in March 2003.

## MORE ABOUT THE NON-EATING EXPERIMENT

Many people, having read “Life Style Without Food” (which I published in 2005), asked me to write more about my experiment with non-eating, which I performed between years 2001 and 2003. I had not written about this,

because I believe that:

- as every man is a different universe, information about my experience with inedia and non-eating should not be an indication for other people;
- every man, as an unique different world, has their own way and ought to rely on their own Inner Power, not on suggestion from another man;
- I do not like to talk about myself, especially about things which are in my immaterial sphere.

However, many people were persuading me, saying that all of this is important information, thus I ought to share it with them . I am satisfying their wish.

I had decided to give up food in order to experience freedom from this strongest material addiction on Earth. On June the 30th, I had a dinner with my wife –my last meal before the non-eating – that was pizza which I ate till too much satiation, so I got stomach ache. From July the 1st, I did not take anything into my mouth.

At that time, I was running a company, working for 14 hours a day in the office and store room. I made no changes in the type of work and its rhythm – I was still doing everything in the same way as I had been doing before starting non-eating.

The first few weeks were not different with anything special, compared to longer fasts which I had done before in my life. Typical symptoms of body self-cleaning were occurring, e.g. headache and dizziness when I got up too fast, passing aches in different parts of the body, and heart pain. The dizziness lasted for approximately five weeks, before it finally ceased. The longest lasting symptom was pain in the region of diaphragm. For about three weeks, the pain was increasing with each passing day. Later, it gradually weakened and completely ceased after approximately two months. The diaphragm, muscles of the back and chest had some hard work to do to adapt to changing dimensions of the organs.

At the end of the fourth month, I suddenly felt extraordinary strong pain in the region of the kidneys. X photo revealed that the ureter was blocked by “jelly like” substance (according to the doctor). Fortunately, after receiving anti-spasm and analgesic injection, the ureter cleaned itself, and the pain disappeared for ever.

For the first four months, I was also feeling changes in the psyche. Psyche

sensitivity was increasing, that is why in the beginning I often felt irritation for insignificant reasons, which manifested itself in the form of nervousness and impatience. Later, I stabilized the psyche by performing mind / psyche / spiritual exercises.

Noticeable changes were occurring in my psyche for about half a year, before I stabilized everything. Quietude prevailed later on. I could feel that the mind served me better than before the non-eating. I could evoke the state of intellect passiveness more easily and keep it longer. This led to noticeable development of the intuition and telepathy – I could more often perceive what people were thinking and feeling.

My intellect was functioning much more efficiently. From the morning till late night, I could be occupied with tasks that required activeness of the intellect, for example, office work. At the end of my work, at night, I felt that the intellect was as much efficient as it was in the morning. Besides that, I could think faster and focus better on one task.

I also noticed changes in the instinct. For example, the boundary between the night dreams and the daily reality become less sharp. The transition from the night dream to the day awareness became smoother. The dream contents were more related with daily activities, as if one was continuation of the other.

I allocated 5 to 8, usually 7 hours, for sleeping. Though 6 hours of sleep was enough for my body, I stayed in bed longer, in order to perform spiritual exercising while lying.

One trait of mind state accompanying me in those days was not so pleasant – I saw the illusion of Life much clearer, deeper and with more details. I saw how the mind was creating all of this, the entire matter and beings acting in it.

The bodies of people, animals, plants, and minerals are programs only, which function according to other programs, and in the true reality there exists nothing.

There is IAM only and nothing else. My body, even my mind, are only pictures / programs / thoughts – effort must be made in order to create all of this. I saw that all of this is just a game without sense. Life and its sense has to be created by creating the illusion of the existence, perfection, changes, opposite, development, spirituality and matter, so that the game can go on. Then, having started this mechanism of constant creation, everything has to be forgotten, about myself and about the creating, so that the game can go on in this senseless illusion.

Then I also saw what food is; it is just a drug, an addiction formed during the babyhood, out of which man can lose themselves in the matter more deeply and play better.

I saw that and more, I still see it and I would like to forget, so that I could play again as a primitive man does.

One of things that I liked most during the non-eating was physical fitness. I could work longer physically and yet remain much less tired, compared to the days of normal eating. On a hot day, my colleague and I carried altogether 300 monitors, each one weighed 10 kg, in 50 m distance – it took us approximately one and a half hours. I did not rest even for a moment, because I did not feel any fatigue. Having finished it, I just went back to office work without feeling any tiredness. I sweated so little that I even did not need to take a shower.

During those almost two years of non-eating, I drank mainly water in small quantities, sometimes juices, tea, coffee, or herbs. Sometimes it was not more than half a glass a day. For one week I did not take any drink into the mouth.

One evening, I did an experiment – I drank 0.7 L of red dry wine. As I was surprised, there was no reaction, it was just same as I drank water.

During those two years, I sometimes ate something, for example, when I was a guest of my acquaintances abroad (I did not want to look like a crank), because of family ceremony (I did not want to sadden the family members and create feeling of isolation) or in order to test the effect of a given food for the body of a non-eater.

Usually, having eaten something, my body threw it out in the form of diarrhoea in one to several dozens of minutes after eating. The body reacted in the same manner after drinking more than a half glass of a denser juice.

During those almost two years, there were days when my body was feeling weak, as if without any energy, and hunger returned. At that time, I performed energizing exercises – absorbing energy from nature, especially in sunshine, with clothes taken off.

However, what was more important is that I was regularly doing the contemplation of passiveness, thanks to this exercise I could better feel the Inner Power manifested by IAM. Then any hunger disappeared – it turned out to be illusion – the energy and power returned.

When I started the non-eating, my body weight was 78 kg. The body weight decreased to and was staying between 68 and 71 kg. When I was very active emotionally and mentally, for example, when conducting a seminar, the

body weight dropped by even 2 kg a day. Later, when I calmed myself down through spiritual exercising, the weight increased.

To summarize my experiment with non-eating, I know that I do not need to eat to keep the body in a proper shape. It is enough for me to decide to give up food without any preparation. However, gradual transition and preparation is more advantageous for the body and psyche. I know that the body is just an image in the mind, and this image is a subject of my mind.

## **FAT AND SICK**

I practised non-eating from July 2001 to March 2003. That experience gave me enough knowledge required by my needs. It is through the gained knowledge that I can inform individuals about details regarding life without food. Continuing non-eating beyond March 2003, although convenient for me, would not have allowed me to fulfil my tasks. So at that time, I felt like man going down a road and having other people along the way telling me: “You can go this way but you would be able to do much more, if you were walking down that one because that would be more in accordance with your original intentions.”

Since September 2002 I was trying to stop the non-eating phase in order to start my tasks (described above). However, living without food was so beneficial to me that I kept delaying that end. Finally, in March 2003, I came back on track – I stopped the non-eating phase and proceeded with my tasks.

At that time, March 2003, this is what I planned to do within one year:

- ◆ to fatten the body to the maximum of 130 kg (286 lb). I had never experienced such a big overweight, that is why I was not able to fully understand all related physical and psychological processes.
- ◆ to get sick with diseases believed to be incurable, like cancer, diabetes, hypertension, heart diseases and others. Then to heal myself completely.

In March 2004 I decided to end the above experiment. I had learned enough and I did not want to force myself to suffer more. I was feeling worse than I could have imagined before starting the experiment (worsening health, low energy level and bad mood). Also I felt that it was the right time to continue farther with my plan.

On the 1<sup>st</sup> of March 2004 I started the next experiment with non-eating. On that day, I moved food away from me once again. As I was 30 kg (66 lb)

overweight, I could feel significant differences between the two beginnings of the non-eating life style (the first in July 2001 and the current one in March 2004). I have published descriptions of this and some other experiments on my web site <http://inedia.info>.

From my experiment with fattening up, although I reached only 100 kg, I learned many things about how an obese man feels. It concerns not only the every day activities (e.g. limits in movements, addictive appetite, feeling of hypertension) but also how fasting works (is done) in the case of such man.

Now I can understand why for obese people, those who most need it (as much as fish needs water), it is so difficult to go through fasting. Having my own fat body, upon experiencing on myself, I was able to recognize how difficult it is for an obese man to fast.

An obese man is more addicted to food. It is useful for such man to have a stronger will power in order to successfully pass a treatment, which is similar to the treatment of a drug addict, because man is suffering more. I discovered and experienced many more aspects regarding obesity. It all gave me more knowledge about man. To describe them all, I would need to write another book. I know that it is worth for me to experiment in this way.

By the way, please remember, that this is my experience. I mean, what I was feeling does not have to be the same as what others feel. I am doing all these experiments in order to know more, for the very sake of playing and to be able to give information to people, should they ask me.

## THE TASK

I know that my present main task is to pass valuable information on. For this purpose, I recall, collect, elaborate on and pass on information which is related to:

- ◆ Consciousness, Light, Love, Life;
- ◆ function of man's mind and body;
- ◆ adaptation abilities of human body;
- ◆ usage of energy in the way that does not destroy Earth;
- ◆ individual abilities of man for conscious self-developing.

For example, this book is contained within the second point.

# FORUM

If you have questions or want to share your experience, advices, etc. – I invite you to take part in internet forums:

<http://forum.niejedzenie.info> (in Polish)

<http://forum.breatharian.info> (in English).

After opening <http://inedia.info> , you can find forums in other languages. From the main page enter into the language division, which interests you.



## THE PRICE OF THIS BOOK

I do not expect from you any payment for this book, that is why I have published it for free in the Internet and I have given up any author rights. You can do whatever you want with this book.

Every action has an answer (action  $\Rightarrow$  reaction, cause  $\Rightarrow$  result, karma). If you are interested in knowing an answer about relation(s) among people caused by accepting a present – let me explain it.

In physics there is the well known law of conservation of energy. This law says that the energy is not created from nothing, it does not disappear, but it changes its form and place. Similar law often functions between beings people.

If somebody does something for you (does a work, that is, expends their energy), and you accept it, you become their debtor. In this case, the so-called law of karma defines it as appearance of a relation.

It means that by reading this book, you put yourself in relation with me, in the sense that you became my debtor. This is possible even though I am not expecting from you any payment of the debt. I merely explain here, so that you are aware about the relation.

Understanding such dependences, you may decide what to do. For example, you may decide to do nothing because you consider the situation all right. You may feel that this dependency (relation) does not appeal to you. Therefore, you may decide to act, that is, to pay back to balance the energy and to free yourself from this relation.

If you decide so, you may send me the average amount of money that you spend for your food within three days. Instead of the money, you may propose to me your service, object, work or whatever you think is appropriate.

Or simply, you can use PayPal link on the bottom of <http://breatharian.info> .

Joachim M Werdin

# TABLE OF CONTENT

WHY THIS BOOK?	3
THIS IS ONLY INFORMATION	5
DEFINITIONS	7
BEFORE WE START WITH THE TOPIC	9
VOGUE	9
WARNING	10
TERMS	11
BE A CO-AUTHOR OF THIS BOOK	13
INTRODUCTION	14
ASK YOURSELF	15
THE CONSCIOUSNESS	16
IAM	19
CONTEMPLATION OF IAM	21
SPHERES OF THE CONSCIOUSNESS	22
THE INSTINCT	27
A SECRET	29
THE INTELLECT	29
THE INTUITION	31
MIND and BRAIN	35
WHAT IS LIFE?	36
A FABLE ABOUT A FISH	39
WHAT IS MAN ?	42
THE LIGHT	46
SUGGESTION BY THE SOCIETY	48
REPROGRAMMING	50
POWERING THE BODY	53
DIGESTIVE SYSTEM	54
BREATHING SYSTEM	57
PRANA DRAWING EXERCISE	58
SKIN SYSTEM	61
MENTAL SYSTEM	63
BODY CLEANSING, PURIFYING	66
NON-EATING or STARVING	70
HOW IS THIS POSSIBLE ?	74
FOR THE OPEN-MINDED	74
FOR THE ESOTHERICS	75
FOR THE SCIENTIFICALLY MINDED	76
FOR THE "BELIEVERS"	77
WITHOUT PHILOSOPHIZING	78

WHY INEDIA.....	81
NATURAL STATE OF MAN.....	81
PERFECT HEALTH.....	82
FREEDOM.....	83
ECONOMY.....	84
ECOLOGY.....	85
LIFE ENERGY.....	86
CREATIVITY.....	88
SPIRITUAL GROWTH.....	89
REJUVENATION.....	90
CURIOSITY.....	91
PREPARATION FOR A CHANGE	
OF YOUR LIFE STYLE.....	92
PERSONAL SURVEY.....	94
Why? So What? ANALYSIS.....	95
FAMILY MEMBERS.....	97
COLLEAGUES.....	98
FRIENDS.....	98
ADDICTIONS.....	99
HABITS.....	100
DIET.....	100
VISUALIZATION.....	101
CONTEMPLATION OF PASSIVENESS.....	109
CONTEMPLATION OF JOY.....	114
FOCUSSING ON INNER SUN.....	115
CONTEMPLATION or VISUALIZATION.....	116
ENERGIZING EXERCISES.....	117
METHODS.....	120
NATURAL.....	120
SPIRITUAL.....	124
SUDDEN.....	125
FORCEFUL.....	127
THE 21 DAY PROCESS.....	128
HYPNOTIC.....	130
ALTERNATE.....	131
TRYING.....	132
PHILOSOPHICAL-INTELLECTUAL.....	134
SUN-GAZING.....	134
ALCHEMICAL.....	136
CONSCIOUS EATING.....	138
YOUR OWN.....	140
ADAPTATION IN SEVEN WEEKS.....	141
SEVEN-WEEK ADAPTATION.....	143
PREPARATION.....	144
1. PROPER NOURISHING.....	145
2. ENERGIZING EXERCISES.....	145
3. MIND EXERCISES.....	145

LOOSENING EXERCISES.....	146
4. SLEEP REGULATION.....	147
5. PROTECTION AGAINST HARM RADIATION.....	149
6. BECOMING CLOSE TO NATURE.....	152
7. CHANGE OF DIET.....	153
THE ADAPTATION.....	156
MENTOR.....	157
PLACE.....	158
THE FIRST DAY.....	159
THE SECOND DAY.....	161
THE THIRD DAY.....	161
THE SEVENTH AND EIGHTH DAYS.....	161
THE FOLLOWING DAYS.....	161
ALL DAYS OF THE ADAPTATION.....	163
THE LAST DAY.....	163
RETURN.....	164
SYMPTOMS.....	166
FEAR.....	168
WEAKNESS.....	169
DEHYDRATION.....	170
DIZZINESS AND FAINTING.....	171
NAUSEA AND VOMITING.....	172
WEIGHT LOSS.....	173
EMACIATION.....	174
PAIN.....	175
PSYCHICAL INSTABILITY.....	177
DIFFERENT REALITY.....	179
CHANGES ON SKIN.....	180
FEELING COLD.....	181
FEVER.....	182
LOOSE TEETH.....	182
HAIR FALLING OUT.....	183
SWELLING JOINTS.....	183
OTHER.....	184
WHAT TO PAY MOST	
ATTENTION TO.....	185
FIRST OF ALL, COMMON SENSE.....	185
SECLUSION.....	186
WITHOUT FORCING.....	187
LIMITED BELIEF IN INFORMATION.....	188
ALONE OR WITH A MENTOR.....	189
HALLUCINATIONS OR VISIONS.....	189
GOOD HEALTH.....	190
BODY TEMPERATURE.....	191
DRINKING WHEN NOT EATING.....	192
WASHING LARGE INTESTINE.....	193
COFFEE ENEMA.....	197
MOVING MUSCLES.....	198
ALIMENTARY CANAL WASHING.....	199

RESUMING EATING.....	200
ALTERNATE SHOWER.....	202
FAILURES.....	204
PROPER BODY WEIGHT.....	205
REASONS OF EATING.....	206
RNB.....	206
HABIT.....	209
ADDICITON.....	210
BELIEF OR FEAR.....	211
BOREDOM.....	212
DECISION TO CHANGE.....	213
COMPANY.....	214
TASTE, SMELL, APPEARANCE.....	214
POVERTY, THRIFT.....	215
COMPELLING.....	216
REWARD.....	217
GROUNDING.....	217
INEDIATES and NON-EATERS.....	220
Alenara.....	220
Balayogini Sarasvati.....	221
Barbara Moore.....	221
Christopher Schneider.....	221
Evelyn Levy.....	222
Giri Bala.....	222
Hira Ratan Manek.....	223
Jack Davis.....	223
Jasmuheen.....	223
Joachim M Werdin.....	223
Kamilla.....	223
Kazimierz Karwot.....	224
Martha Robin.....	224
Prahlad Jani.....	224
Steve Torrence.....	225
Sunyogi Umasankar.....	225
Surya Jowel.....	225
Theresa Neumann.....	225
Vasanta Ejma.....	225
Vona Tansey.....	226
Wiley Brooks.....	226
Will van der Meer.....	226
Xu Fan.....	226
Zinaida Baranova.....	227
thousands of others.....	227
A LIST.....	227
HEALING FAST.....	229
DRY FASTING.....	229
WATER FASTING.....	230
SYMPTOMS.....	232
INTESTINE WASHING (enema).....	233

PHYSICAL ACTIVITY.....	235
NON-EATING or FASTING.....	236
BODY WEIGHT CHANGES.....	236
DISPOSITION.....	237
BUILDING THE BODY.....	238
BEINGS and NON-EATING.....	239
NON-MATERIAL BEINGS.....	239
PARTLY MATERIAL BEINGS.....	240
MATERIAL BEINGS.....	241
PRINCIPLES OF	
PROPER NOURISHING.....	242
1. CONSCIOUS EATING.....	242
2. CHEWING.....	242
3. WITHOUT DRINKING.....	244
4. WITHOUT MIXING.....	244
5. DIRECTLY FROM NATURE.....	245
6. WITHOUT FLAVOURINGS.....	247
7. ONLY WHEN HUNGRY OR THIRSTY.....	248
8. DRINKING AND WATER.....	249
9. NOT AFTER 4 PM.....	251
10. IN SILENCE.....	251
CO-OPERATION FOR DEVELOPMENT.....	253
F. A. Q.....	254
Why do we have alimentary canal?.....	254
Why do people die from starvation?.....	255
Why non-eaters do not go to places where people starve and do not teach them?.....	255
What to do in order to become a non-eater?.....	
Can I also live without food?.....	256
It is a nonsense that people can live without food. How are you going to prove it to me?.....	257
Where do the non-eaters take energy for living from?.....	258
Why did you come back to eating?.....	259
What do you eat now?.....	260
Can an inediate, non-eater or fasting people be sexually active?.....	261
Does woman lose her period during non-eating or fasting?.....	262
Who ought not to fast?.....	262
Can one take medicine and herbs during bi-gǔ ?.....	262
ABOUT THE AUTHOR.....	264
SHORT STORY.....	264
CAREER.....	265
EXPERIMENTATION.....	265
MORE ABOUT THE NON-EATING EXPERIMENT.....	266
FAT AND SICK.....	270
THE TASK.....	271

FORUM.....272